Ethiopian Lentil Stew (Misr Wot)
Vegetarian, can be vegan. Common allergens: milk (can be omitted)
Recipe from Oaktown Spice Shop
Serves 4-6

Ingredients
• 1 cup red lentils, rinsed and drained
• ¼ cup niter kibbeh, ghee, unsalted butter, or oil
• 1 yellow onion, finely chopped
• 4 cloves garlic, finely chopped
• 2 tablespoons berbere, divided
• 1 small tomato, chopped
• 2 cups water
• Salt to taste

Instructions
1. Heat the butter or oil in a saucepan over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and cook for about 30 seconds, stirring constantly. Add the lentils, 1 tablespoon of the berbere, tomato, and 2 cups water to the pan. Bring to a simmer.
2. Reduce heat to medium-low and simmer, stirring occasionally, until the lentils are tender, about 45 minutes. Stir in the remaining tablespoon of the berbere and season generously with salt.

You may find berbere at Ethiopian markets, spice shops, some grocery stores, or online.
You could also try making your own:
  Recipe 1
  Recipe 2

Chimichurri
Vegan. Common allergens: none
Recipe from: Cafe Delites
Serves 8

Ingredients
• ½ cup finely chopped parsley
• ½ cup olive oil
• 2 tablespoons red wine vinegar
• 3-4 cloves garlic, minced
• 2 small red chilies, deseeded and finely chopped (about 1 tablespoon)
• 1 teaspoon coarse salt
• ½ teaspoon dried oregano
• black pepper, to taste (about ½ teaspoon)

Instructions
1. Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.

Notes
• Chimichurri can be prepared earlier than needed, and refrigerated for 24 hours, if needed.
• Customize the spice level to your preference, omitting the hot peppers if desired. You can also use crushed red pepper instead of fresh chilies.
• Other herbs are sometimes added, such as cilantro. Try other combinations if you’d like.
• Try this sauce with our portabella steak recipe!
### Korean-Inspired Marinated Tofu (or Eggs)

Vegetarian, can be vegan. Common allergens: soy, sesame; may contain wheat
Adapted from: [Seonkyoung Longest](#)

**Serves 3**

#### Ingredients
- 1 package extra firm tofu
- ½ cup reduced sodium tamari or soy sauce (reduce if not using reduced sodium)
- 3 cloves garlic, minced
- 3 to 4 green onions, chopped
- 1 green chili, chopped (optional)
- 1 red chili, chopped (optional)
- 1 tablespoon sesame seeds
- Sesame oil for drizzling

#### Instructions
1. Drain the tofu and press to remove excess liquid.
2. Cut tofu into ½ inch cubes.
3. Combine remaining ingredients except sesame oil and add ½ cup water. Pour over tofu.
4. Let marinate for at least 6 hours or overnight. It will last in the refrigerator for 3-4 days. Drizzle with sesame oil upon serving.

### Serving Suggestions
Serve with rice and veggies such as sauteed spinach. Drizzle with sesame oil if you’d like.

### Baked Version
Follow steps above. Preheat oven to 400°F.

Grease a baking sheet or line with parchment paper or a silicone baking mat. Place tofu on the pan with plenty of space between each piece.

Bake for 30-40 minutes or until crisp on the outside.

### Egg Version
Bring plenty of water to a boil in a saucepan. Carefully lower eggs into water and reduce to a simmer. Cook about 8 minutes for medium boiled eggs. Drain and place eggs in ice bath.

Once cool, peel the eggs and start at step 2 above.