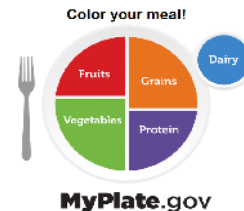




RED LENTIL STEW



Ingredients:

¼ cup vegetable oil

1 onion, finely chopped

5 cloves garlic, minced

8 cups water

2 cups dried lentils, rinsed & drained

2 tablespoons tomato paste

1 teaspoon salt

2 tablespoons Berbere Spice Blend (recipe below)

4 Tbsp chili powder

2 Tbsp paprika

½ tsp each ground ginger, cumin, coriander cayenne pepper, onion powder

¼ tsp each garlic powder, cinnamon powder

Dash nutmeg

Optional— ½ tsp cardamom and fenugreek, ¼ tsp all spice ground, cloves

Directions:

1. In a large pot, heat oil over medium heat. Add onion and cook until tender.
2. Stir in garlic and berbere spice or chili powder. Cook for 1 minute.
3. Add water, lentils, tomato paste, and salt. Bring to a boil. Reduce heat to low and simmer until lentils are tender, about 20 minutes (or 30 minutes for brown lentils). Stir occasionally.
4. Serve hot with Ethiopian-style injera or other bread. You can also serve this with boiled rice.

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Mention **Gleaners** when speaking with your SNAP representative.

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LÍNEA DE AYUDA



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