RED LENTIL STEW

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.

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

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