

# MISIR WOT (ETHIOPIAN STEWED LENTILS)

Misir Wot, an Ethiopian lentil stew that takes under 30 minutes to make, should be a staple in your recipe repertoire, especially if you enjoy dal. I used a store-bought berbere, Ethiopian's hallmark spice blend used in this dish, but you can easily find it online or in well-stocked grocery stores. Berbere is both spicy but not overbearing and warming at the same time. The dish is usually served with injera, a spongy traditional flatbread, but throw it over some rice or cilantro-speckled cauliflower rice on a weeknight.

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## INGREDIENTS

1 cup red lentils, rinsed, soaked (at least 10 minutes or overnight)  
2 tablespoons ghee (heaping)  
1 cup yellow onion, finely minced  
3 cloves garlic, finely minced  
2 plum tomatoes, cored, deseeded, finely chopped  
2 tablespoons tomato paste  
1 tablespoon berbere  
1 teaspoon salt  
3 cups of vegetable broth  
cilantro (optional garnish)  
Serve with rice or cauliflower rice  
salt to taste

## MAKES FOUR BOWLS

- 1 Thoroughly rinse the lentils and let them soak. You can do this step ahead of time and soak the lentils overnight.
- 2 Heat a sauté pan (you will need one with a lid) to medium and put the ghee in the pan. Once the ghee melts, add the onions and cook for 5 minutes on a low-medium heat until the onions become translucent.
- 3 Then add the garlic, tomatoes, tomato paste, berbere, and salt to the pan and stir until all ingredients are well combined. Cook for 5 minutes or until the tomato mixture is deep red in color.
- 4 Add lentils to the pan and toss to coat. Then add the vegetable broth and bring the lentils to a boil.
- 5 Reduce the heat, cover the pan, and cook for 20 minutes, stirring once about halfway through.
- 6 Taste and adjust salt as desired.

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## NOTES

- If you have digestive issues, be sure to soak the lentils overnight in the refrigerator and rinse them as often as you can.