



Ethiopian Stew



This is an easy slow-cooked or one-pot dish. It is slightly spicy, sweet, and rich in flavors. This recipe uses Berbere spice, which is the key ingredient in many Ethiopian dishes. It's a combination of more than 10 individual spices that can easily be made (*see recipe below*) or purchased through Amazon and local Ethiopian restaurants.

INGREDIENTS

1½ cups dried lentils	1 red onion, medium diced
4 garlic cloves, minced	2 cups diced butternut squash
3 tablespoons tomato paste	½ teaspoon sea salt
1½ tablespoons Berbere Spice (<i>see recipe below</i>)	½ tablespoon maple syrup
5 cups low-sodium vegetable stock	2 tablespoons pureed ginger
	2 cups chopped frozen spinach

DIRECTIONS

1. Put all the ingredients in a pot and simmer until the lentils are tender, 45-60 minutes. Do not overcook because the lentils will turn to mush.
2. Add water if necessary to thin the stew. I sometimes like to add extra tomato paste for a richer flavor.

Berberere Spice (*mild-heat version*)

YIELDS 6-7 TABLESPOONS

Mix ingredients and store in an airtight container in a cool, dry place.

2 tsp ground cumin	1 tsp ground coriander	1 tsp ground ginger
1 tsp ground cardamom	¼ tsp ground cloves	1 tsp ground turmeric
½ tsp ground allspice	1 tsp black pepper	3 Tbsp paprika
1 tsp ground fenugreek	4 tsp red pepper flakes	½ tsp ground cinnamon

ENTREES



PREP



COOK



SERVES

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