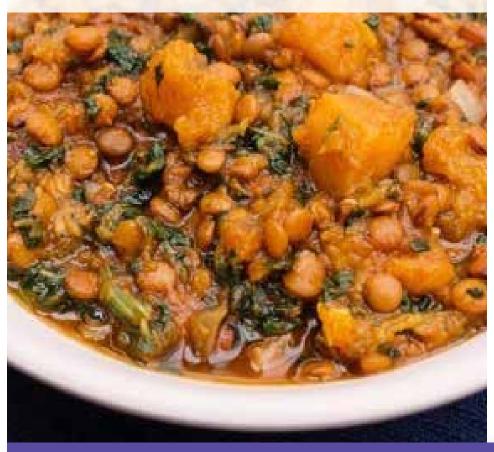


Ethiopian Stew

ENTREES



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
4 garlic cloves, minced
3 tablespoons tomato paste
1½ tablespoons Berbere Spice (see recipe below)
5 cups low-sodium vegetable stock

red onion, medium diced
 cups diced butternut squash
 teaspoon sea salt
 tablespoon maple syrup
 tablespoons pureed ginger
 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.

Berbere Spice (mild-heat version) YIELDS 6-7 TABELSPOONS

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

- 2 tsp ground cumin 1 tsp ground cardamom ½ tsp ground allspice 1 tsp ground fenugreek
- 1 tsp ground coriander
 ¼ tsp ground cloves
 1 tsp black pepper
 4 tsp red pepper flakes

4

SERVES

- 1 tsp ground ginger
- 1 tsp ground turmeric
- 3 Tbsp paprika
- ½ tsp ground cinnamon



соок



PREP

www.plantpurenation.com