



MESIR WAT (red lentils)

This dish is very popular in Ethiopia and most everyone has a very similar recipe. It is traditionally eaten communally and served on top of Ethiopian injera. Traditionally, mesir wat is eaten with other Ethiopian foods, like gomen, doro wot, and kitfo. Injera can be purchased at local halal stores.

PREP TIME: 10 minutes

COOK TIME: 1 hour 10 minutes

TOTAL TIME: 1 hour 20 minutes

SERVES: 6-8 people

3 onions, diced
1 cup red lentils, dry
3 garlic cloves, minced
2 medium tomatoes, blended
½ cup **Berberé Spice Blend**
¼ teaspoon black cumin, ground
¼ teaspoon black cardamom, ground
¼ teaspoon long pepper, ground ¼
teaspoon cinnamon, ground
¼ teaspoon cardamom, ground
¼ cup olive oil
2 tablespoons of nitter kiber
1 teaspoon salt

1. In a medium pot over medium heat, melt 1 tablespoon of nitter kiber. Add onions and garlic, cook for 8-10 minutes or until browned.
2. Add oil, berbere, spices, and tomatoes and let simmer on low for 45 minutes. Stirring occasionally to make sure nothing is stuck to the bottom.
3. After 45 minutes, add salt and lentils and cook for 15 minutes or until tender. If you need more liquid, add ¼ cup water.
4. When lentils are tender mix in 1 tablespoon of nitter kiber. Let simmer for one more minute then remove from heat.
5. Serve with Ethiopian injera.