

## Ethiopian lentil stew (Misir Wot)

Adapted from <https://www.saveur.com/article/Recipes/Ethiopian-Lentil-Stew>

### Ingredients:

2 cups red lentils  
3 cups water  
4 tbsp unsalted butter, ghee, or olive oil  
1 small yellow onion, finely chopped  
2 cloves garlic, finely chopped  
1 small piece ginger, grated  
2 tablespoons [berbere](#)  
1 can chopped tomatoes  
½ teaspoon salt

### Instructions:

1. Rinse the lentils in a sieve under cold running water and set aside.
2. Heat the butter in a medium saucepan over medium heat. Add the onions and cook for 3-5 minutes. Add the garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds.
3. Add the reserved lentils, 2 tablespoons of berbere, tomato, and 3 cups water to the saucepan. Cover, reduce heat to medium-low and simmer, stirring occasionally, until thick and the lentils are tender, about 30 minutes.
4. Serve hot.