

Kootenay Kabab Mediterranean Cuisine presents

Ethiopian Vegan Lentil Stew

Heat vegetable or canola oil in a large pan on medium-high heat. Add sliced onions to the pan and fry until soft, approximately 10 minutes. Then add garlic and mix in for one minute before adding in the berbere spice mix. Fry the spices in for a minute then add in sliced tomatoes and mix well. Allow the tomatoes to soften up until the mix is a bit watery. About 10-15 minutes.

Blend the mix to a smooth puree in the pot with a hand blender or carefully move it into a blender then put back in the pot once blended.

Now add in potatoes, sliced green peppers, and lentils and 2-3 cups of water and bring to a boil. Once boiling reduce the heat to low and let it simmer for at least 30 minutes or more. If the lentils are not softening add another cup of water. Stir occasionally to prevent sticking to the bottom and taste the sauce. If the sauce is too spicy for your taste, add some chopped tomato or lemon juice. Once the lentils are soft and tender, mix in chard or spinach and chopped kale and let them wilt and simmer for about 10 minutes and you're all set.

Serve with rice, or for a very traditional experience serve with Injeera Spongebread. Garnish with fresh parsley or cilantro and lemon.

What You'll Need

2 cups red lentils
¼ cup canola or vegetable oil
2 lbs tomatoes sliced
2-3 yellow onions
1 full bulb garlic
3-4 russet potatoes
3-4 green bell peppers
1 bunch kale
1 bunch swiss chard or spinach
Berbere spice blend

Berbere Spice Blend

2 tbsp turmeric powder
1 tbsp paprika
2 tsp ground cumin
1 tsp chilli flakes
1 tsp salt
¼ tsp ground nutmeg
¼ tsp ground allspice
¼ tsp ground cloves
¼ tsp cinnamon
1 tsp ground ginger
1 tbsp ground coriander
1 tsp coarse black pepper
½ tsp ground cardamom