

Misir Wot (Ethiopian Lentil Stew)

Swick

Makes 3 servings | Active Time: 40 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 2 cups misir wot; ½ cup rice

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Berberé Spice Blend: If you can't find any berberé spice blend, you can make your own! For 4 tablespoons, combine 2 tablespoons paprika, 1 tablespoon cayenne pepper, 1 teaspoon ground coriander, ½ teaspoon ground ginger, ½ teaspoon ground cardamom, ½ teaspoon ground fenugreek, ¼ teaspoon ground nutmeg, ¼ teaspoon ground allspice, and ⅛ teaspoon ground cloves.

Step 1: Make the Dish

- 1/2 cup brown rice (≈1 1/2 cups cooked)
- 3/4 yellow onion chopped (≈3/4 cup)
- 4 1/2 cloves garlic, minced
- 2 1/4 teaspoons fresh ginger, grated
- 1 (32-fl oz) carton low-sodium vegetable broth (≈3 1/3 cups)
- 1 1/2 tablespoons berberé spice blend
- 3/4 teaspoon ground cumin
- 1/3 teaspoon sea salt
- 9 oz new red potatoes quartered (≈1 1/2 cups)
- 1 1/2 tomatoes coarsely chopped (≈1 1/2 cups)
- 1 1/4 cups dry red lentils
- 3 oz baby spinach (≈3 cups)
- 3 tablespoons fresh parsley (optional) chopped

PREPARE GRAINS

In a saucepan over high heat, bring rice and 1 cup water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.

SAUTÉ ONIONS, GARLIC, & GINGER

In another saucepan over medium heat, cook onions, garlic, and ginger, stirring occasionally, for 3 minutes. Add vegetable broth 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

ADD SPICES

Add berberé, cumin, and salt to stockpot and cook for 1 minute.

MAKE STEW

Add remaining broth, potatoes, tomatoes, and lentils to saucepan. Increase heat to high and bring to a boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 20 minutes.

SERVE

Remove from heat and stir in spinach to wilt.

Serve misir wot alongside rice and garnish with parsley, if desired.