

Yemisir Wet **Hot Split Lentil Stew**

INGREDIENTS

1/2 cup olive oil
1 large onion, chopped
5–7 tablespoons berbere mixture (see pantry)
2 large tomatoes, chopped
1 cup dried lentils
5 cups water
3 tablespoons garlic and ginger mixture (see pantry)
1 teaspoon crushed black peppercorns, crushed
1 teaspoon grains of paradise
sea salt to taste

In a medium pan, sauté the onions with oil until onions brown. Add berbere mixture and tomatoes and cook at medium heat. Cook for 5 minutes, stirring constantly. Add water and bring to a boil. Wash and drain lentils. Add to boiling water. Continue boiling for 20 minutes or until lentils are soft. Add garlic, ginger, peppercorns, grains of paradise and salt to taste. Serve hot or cold.

Makes 4 servings