Title: Berbere Stew

Prep Time: 10 min  Cook Time: 30 min  Yield: 3

Ingredients:

Stew
- 1/4 of a white or yellow onion, diced
- 1 stalk celery, diced
- 1 garlic clove, minced
- 1/2 tsp ginger, minced
- 1 tsp vegetable or olive oil
- berbere spice mix
  - 1 tsp.
  - 2 tsp.
  - 3 tsp.
- 2 cups of vegetable stock
- ¾ cup red lentils
- 15oz can of crushed tomatoes

Insalata
- 1/4 cup white or yellow onion, minced
- 1 fresh Roma tomato, diced
- 1/2 green bell pepper, minced
- A few sprigs of cilantro, minced
- 1 tsp olive oil

Serve with a piece of Bread

Instructions:
1. Dice the onion and the celery. Mince the garlic and ginger.
2. Heat a pot on medium heat. Add the oil and sauté the onion, celery, garlic, and ginger for 2 minutes.
3. Once the vegetables have softened, add 1 - 3 teaspoons of the berbere spice mix. Sauté for a couple minutes.
4. Deglaze the pan with vegetable stock and scrape up any bits off the bottom of the pot.
5. Add the lentils and stir. Bring up to a boil and cook for another 5 minutes, stirring occasionally.
6. Add the crushed tomato sauce. Cook for another 10-15 minutes, or until the lentils are soft.
7. While the lentils cook, prepare the insalata. Mince the onion, green bell pepper, and cilantro. Dice the tomato and mix altogether with 1 teaspoon of olive oil.
8. Serve the Berbere stew with bread and garnish with the Insalata.