

Misir Wat (Ethiopian Spiced Red Lentils)

Kimberly Killebrew

One of Ethiopia's most popular vegetarian dishes, you'll be blown away by the incredible flavor!



4.92 from 24 votes



PREP TIME

10 mins

COOK TIME

55 mins

TOTAL TIME

1 hr 5 mins



COURSE

Main Course, Side Dish

CUISINE

ethiopian



SERVINGS

6 servings

CALORIES

227 kcal

INGREDIENTS

- 4 tablespoons niter kibbeh , divided
- Homemade Niter Kibbeh (strongly recommended)
- 1 large yellow onion, very finely diced
- 3 cloves garlic, finely minced
- 1 Roma tomato, very finely chopped
- 3 tablespoons tomato paste
- 2 tablespoons bebere , divided
- Homemade Berbere (strongly recommended)
- 1 cup red lentils, rinsed
- 2 1/2 cups Aneto All-Natural Chicken Broth
- vegetarians: use Aneto Vegetable Broth
- 1 teaspoon salt

INSTRUCTIONS

1. Melt 3 tablespoons of the niter kibbeh in a medium stock pot. Add the onions and cook over medium-high heat for 8-10 minutes until golden brown.
2. Add the garlic, tomatoes, tomato paste and 1 tablespoon of the berbere and cook for 5-7 minutes. Reduce the heat if needed to prevent burning.
3. Add the broth and salt, bring it to a boil, reduce the heat to low and cover and simmer the lentils, stirring occasionally, for 40 minutes (adding more broth if needed) or until the lentils are soft.
4. Stir in the remaining tablespoon of niter kibbeh and berbere. Simmer for a couple more minutes. Add salt to taste.
5. Serve with **Ethiopian injera**.

NUTRITION

Serving: 1 serving | Calories: 227kcal | Carbohydrates: 23g | Protein: 10g | Fat: 10g | Saturated Fat: 6g | Cholesterol: 25mg | Sodium: 483mg | Potassium: 509mg | Fiber: 9g | Sugar: 2g | Vitamin A: 220IU | Vitamin C: 6.4mg | Calcium: 31mg | Iron: 2.8mg



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