

Ethiopian Berbere Spiced Lentils

Prep Time: 10 minutes Total Time: 30 minutes



Ingredients

- 1 ½ cups dried split red lentils
- 3 ½ cups water
- 2 ⅔ cloves garlic, minced (or about 3 small cloves)
- ⅔ medium onion, diced
- ⅔ tsp olive oil
- 3 tomatoes, chopped
- 2 ⅔ tbsp berbere spice
- ⅓ tsp cayenne pepper
- ⅔ tsp salt
- 1 ⅓ tbsp tomato paste



Directions

1. Boil lentils in water for 20 minutes.
2. Meanwhile in a deep pan, saute garlic, onion, and oil over medium heat until toasty for about 3-5 minutes.
3. Add chopped tomatoes and salt, cook until tomatoes release juices.
4. Add berbere spice and tomato paste, cook for 5 minutes.
5. When lentils are soft, add spiced tomato and onion mixture to the lentils and simmer for 10 minutes to combine.
6. Taste for salt and adjust if needed.



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Nutrition Facts	
4 servings per container	
Serving size	1.5 cups
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 48g	17%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 5mg	30%
Potassium 710mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Ethiopia/Amharic:

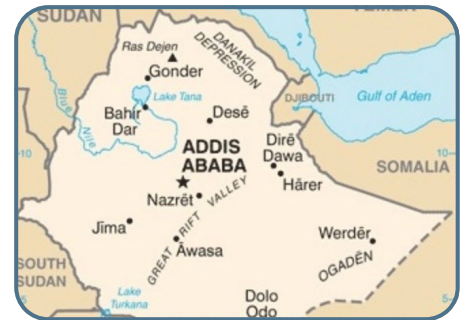
Food and Eating Practices

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Ethiopia is located in the Horn of Africa, specifically in northeastern Africa, bordering Eritrea, Somalia, Kenya, and Sudan. There are multiple regional languages of Ethiopia such as Oromo, Somali, and Sidamo, while Amharic is the official national language. The primary religion in the Ethiopian region is Ethiopian Orthodox following Muslim, Protestant, and Catholic. Ethiopia's climate varies due to its geographic region, as the lowlands experience hot and humid weather while the highlands experience a more temperate climate. Ethiopia is also known to have tropical monsoons from June to September.

Overview of Common Foods:

- **Staples:** Injera, thick vegetable/meat stew.
- **Produce:** Beets, potatoes, tomato, lentils, chickpeas, and collard greens.
- **Animal Products:** Beef and chicken.
- **Herbs/spices/flavorings:** berbere, garlic, turmeric, and ginger.



Agricultural Products of Country/Region:

- **Staple crops:** Cereals, pulses, maize, legumes, oilseeds, roots and tubers, vegetables, and coffee.



Suggested Substitutions for Cultural Foods:

- Injera can be substituted with cornbread, flatbreads, pita, or naan.
- Other common ingredients, including legumes, meats, vegetables, garlic, and ginger can be found in the United States.



Other Useful Information about this culture:

- Plant based diet is common in this culture.
- Breakfast is often skipped or kept light, lunch is typically the main meal of the day, and dinner is kept light as well.
- During fasting periods, meals are restricted to plant-based foods and are eaten later in the day.

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