

Misir Wot

Serves 8



Ingredients:

- 2 tablespoons olive oil
- 2 onions, diced small
- 6 garlic cloves, minced
- 2 large tomatoes, diced small (about 1 cup)
- 1/3 cup tomato paste
- 1 tablespoon berbere seasoning
- 4 cups vegetable broth
- 1 cup water
- 1/2 teaspoon salt
- 2 cups split red lentils

Instructions:

1. Heat olive oil in a skillet or wide, high-sided sauté pan set to medium heat. Add the onions and cook for 8 minutes or until golden brown.
2. Add garlic, tomatoes, tomato paste, and berbere seasoning and cook for 5 to 7 minutes, stirring frequently and reducing heat, if needed, to prevent burning.
3. Add broth, water, salt, and lentils and bring to a boil. Reduce the heat to low and simmer with the lid on, stirring occasionally, for 20 minutes or until lentils are soft.
4. Enjoy with injera flatbread if you like. Store leftovers in an airtight container for up to 5 days. Reheat on the stovetop or in the microwave.

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Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 198.8

% Daily Value*

Total Fat	3.7 g	5 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	249.9 mg	11 %
Total Carbohydrate	32.4 g	12 %
Dietary Fiber	5.8 g	21 %
Total Sugars	5.6 g	
Added Sugars	0 g	0 %
Protein	10.3 g	
Vitamin D	0 mcg	0 %
Calcium	39.1 mg	3 %
Iron	3.6 mg	20 %
Potassium	558 mg	12 %

* The % Daily Value (DV) 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.

[Full Info at cronometer.com](https://cronometer.com)

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