



## Atakilt Wat (Ethiopian Spiced vegetable) by Emebet

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### INGREDIENTS

- Green beans
- Carrot
- Potato
- 2 tbsp Ginger
- 2 tbsp Garlic
- 2 tbsp oil
- Salt
- Berbere (Ethiopian Spice Powder)
- Sliced Onion

### METHOD

1. Boil all the vegetables until semi cooked.
2. Fry the chopped ginger and garlic in some oil and then add the semi cooked vegetables.
3. Add salt and some berbere and your own seasonings and fry
4. Top with sliced onions





## Misir Wat (Ethiopian Spiced Red Lentils) by Emebet

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### INGREDIENTS

- 1 kg Brown Onion
- 1kg Red Lentils
- 3 tbsp Chopped Garlic
- 2 tbsp Chopped Ginger
- 1 Canned Diced Tomato
- 4 tbsp Berbere (Ethiopian Spice Powder)
- Salt

### METHOD

1. Cut the onion into small pieces (you can use food processor) and cook the onion on low heat (with no oil) until brown and water is evaporated.
2. Add some oil and add chopped garlic and ginger and cook for a minute.
3. Add 1 can diced tomato and cook on low heat until the oil separates.
4. Add berbere and let it cook for 10 minutes, make sure that it doesn't burn by stirring every few minutes.
5. Wash and rinse the lentils until the water is clear.
6. After the 10 minutes, add the lentils to the mixture and immediately add salt and cold water.
7. Keep checking every 10 minutes and add cold water as necessary.
8. By 20-30 minutes, the misir wat should be ready.

