

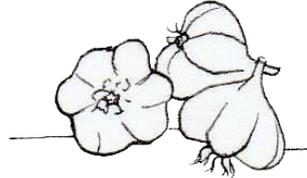
## Lesson 8



### Misir Wot

#### Ingredients:

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



#### Instructions:

1. Heat olive oil in a skillet set to medium-high heat. Add the onions and cook for 8 minutes or until golden brown.
2. Add the garlic, tomatoes, tomato paste, and berbere and cook for 5 to 7 minutes. Reduce 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. Serve warm with injera, atakilt wot, and enjoy!

### Atakilt Wot

#### Ingredients:

- 2 Tablespoons olive oil, plus 1 teaspoon
- 3 garlic cloves, minced
- 1 Tablespoon ginger, grated
- 1 medium onion, diced
- 1 jalapeño, minced (remove seeds for less heat)
- 1 Tablespoon berbere
- 1 teaspoon turmeric
- 1 head green cabbage, thinly sliced
- 3 carrots, sliced into 1/4-inch coins
- 4 medium potatoes, diced
- 1/2 teaspoon salt, **divided**

#### Instructions:

1. In a large, lidded skillet set to medium heat, add 2 Tablespoons of olive oil.
2. Add garlic, ginger, jalapeño, and onion and sauté for 3 to 5 minutes or until onion is soft and mixture is fragrant.
3. Stir in berbere and turmeric and toast for 2 to 3 minutes, stirring occasionally.
4. Add cabbage, carrots, potatoes, and 1/4 teaspoon salt and mix well to combine. Cover and cook on medium heat, stirring occasionally, for about 15 minutes.
5. Add remaining 1/4 teaspoon salt and 1 teaspoon olive oil and stir to combine. If mixture is fairly dry, add about a Tablespoon of water to deglaze the mixture.
6. Once potatoes are cooked through, taste and adjust seasonings, if needed.
7. Enjoy hot with injera and misir wot or as a side to your favorite meal.

## Lesson 8



### Quick Injera

*Makes about 16 small injera*

#### **Ingredients:**

2 cups teff flour (or combination of whole wheat & white flour)  
1 Tablespoon baking powder  
1 teaspoon salt  
2 ½ cups club soda  
2 Tablespoons lemon juice (about 1 lemon)  
Cooking spray

#### **Instructions:**

1. Mix flour, baking powder, and salt in a large bowl. Stir in club soda and mix until it's a smooth batter and you can see bubbles. Stir in lemon juice and combine well.
2. Set griddle or cast-iron skillet to medium heat. Lightly coat with cooking spray and add ¼ cup of batter to the surface. If needed, spread into a thin pancake.
3. Once the edges begin to darken and the middle begins to bubble (about 3 to 4 minutes), flip and cook the other side for about the same amount of time.
4. Continue cooking (reapplying cooking spray in between, if needed) until no batter remains.
5. Let injera rest after cooking for at least 5 minutes to ensure the middle is cooked through.
6. Enjoy with misir wot, atakilt wot, or as a flatbread wrap.

For a snack, check your grocery store for interesting fruits or vegetables that may be unfamiliar. Find a fact to share with your class while you enjoy tasting it!

**Ideas for Fruits:** dragonfruit, starfruit, pomegranate, figs, dates, plums, kiwis, unique grapes, gooseberries, melons, persimmons, etc.

**Ideas for Vegetables:** arugula, romanesco, chayote, mushrooms, jicama, purple carrots, purple green beans, kohlrabi, etc.

