

# Misir Wot

Serves 10



## 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
- 4 cups vegetable broth
- 1 cup water
- 1/2 teaspoons salt
- 2 cups split red lentils

Misir Wot		
Nutrition Facts		
Serving Size	1 x 10 Serving	
Amount Per Serving		
<b>Calories</b>	<b>198.8</b>	
% Daily Value*		
<b>Total Fat</b>	3.7 g	5 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	249.9 mg	11 %
<b>Total Carbohydrate</b>	32.4 g	12 %
Dietary Fiber	5.8 g	21 %
Total Sugars	5.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	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](http://cronometer.com) </>

## 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 garlic, tomatoes, tomato paste, and berbere 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 if you like. Store leftovers in an airtight container for up to 5 days. Reheat on the stovetop or in the microwave.