

# Ethiopian Lentil Bowl

Recipe from: *Simply in Season Cookbook*

2 C. Dried Red Lentils (sorted and drained)  
2 large Onions (finely chopped)  
1 head Garlic (peeled and mashed)  
3 T. Tomato Paste  
½ tsp. Paprika  
1 tsp. Salt  
½ tsp. ground Ginger  
¼ tsp. Pepper  
3 C. Water  
¼ C. Lemon or Lime Juice

Cover lentils with water and soak 30 minutes. Drain.

In a soup pot, sauté onion and garlic in 3 tablespoons oil until golden.

Mix in tomato paste and paprika. Add remaining seasonings and half the water. Stir well and then add the rest of the water. Stir again, cover, and bring to a boil. When the water boils, add the lentils, lower the heat, and cook until lentils have softened, 20-30 minutes.

Add lemon/lime juice and serve hot.

Makes 8 servings.

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Submitted to *Simply in Season* by:  
Nancy Halder, Parnell, Iowa