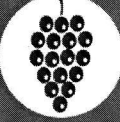


Mesir Wat – Ethiopian Red Lentil Puree

Makes 8 Servings



- 2 cups red lentils, picked over and rinsed
- 1 tablespoon butter or oil
- 1 medium onion, chopped
- 3 tablespoons tomato paste
- 1 tablespoon paprika or other mild red pepper
- 3 cups water
- 2 cloves garlic, minced
- 1 big knob of fresh ginger, peeled and roughly chopped
- 1/4 teaspoon cayenne (or to taste)
- 1/2 teaspoon salt (optional)
- Injera to eat with

1. Soak lentils in tap water for 30 minutes. Drain.
2. Heat the oil in large pan and sauté the onion until golden. Add tomato paste and paprika and stir. Add half the water and the garlic, ginger, cayenne, and salt.
3. Stir well and then add the rest of the water, stir again, cover and bring to boil.
4. When the water boils, add the lentils, lower heat and cook 20-30 minutes, until the lentils soften. Add more water, as needed.
5. Serve with injera.

Eat Better, Feel Better is a school-based, community partnership that creates healthier school environments through healthy eating and active living.



Kids can help by:

- Gathering ingredients
- Sorting and rinsing lentils
- Chopping vegetables
- Measuring spices
- Adding ingredients to pot
- Stirring
- Help with clean up



Nutrition Facts

Serving size: 1/8 of recipe (61g)
Servings Per Recipe 8

Amount Per Serving	
Calories 190	Cal. from Fat 26
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	20%
Sugars 1g	
Protein 12g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 20%

* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calculated without added salt.