EAST AFRICAN · LUNCH · DINNER

Spiced Red Lentil Stew (Ades / Misir)

70 min · Serves 4 · 247 kcal a serve · Video 4:39 · Yodit's Table

Vegan · Gluten-free ingredients · No nuts listed

Red lentils give plant protein, fibre, folate and iron, and the tomato base adds vitamin C, which helps the body absorb that iron. Vegan, cheap and cooked in just 2 tbsp of oil.

Diet notes: Low saturated fat (1 g, 4% of the energy).

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Ingredients 10 · SERVES 4

- [ ] 240 ml **red lentils** (about 190 g dry), well rinsed
- [ ] 1 **onion**, chopped
- [ ] 4 **roma tomatoes**, blended
- [ ] 1 tbsp **dilik** (berbere paste)
- [ ] 1½ tbsp **berbere powder**
- [ ] 5 **garlic** cloves, minced
- [ ] 2 tbsp **avocado oil**
- [ ] 1 tsp **Vegeta seasoning** (counted as salt)
- [ ] about 2½ tsp **salt** in total, added in stages
- [ ] 710 ml **water**, plus about 240 ml more as needed

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chopped onion in a dry pot over medium-high heat and let it cook until most of its moisture is gone and it starts to stick, then add the oil. 1:02
2. Keep cooking until the onion is very soft and lightly golden. Stir in the berbere powder, berbere paste and garlic with about 2 tbsp water and cook for a minute or two. 1:33
3. Add the blended tomatoes, cover and simmer for 15–20 minutes until thick, glossy and deep red. 1:58
4. Stir in the rinsed lentils, then the water, Vegeta and about ½ tsp salt. Cover and cook for 20–25 minutes. 2:26
5. If the lentils are still firm and the pot is drying out, add another cup of water and cook about 10 minutes more until soft. Adjust the salt and reduce to the thickness you like. 3:04
6. Serve with injera, pita or rice. 4:23

> **Tip** Serves 4 (our estimate). The cook uses about 2½ tsp salt plus Vegeta; start with half and adjust to keep sodium moderate. It thickens on standing, so loosen with water when reheating. Freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
247 kcal	13 g	34 g	7.7 g	7.9 g	1,680 mg
1,030 kJ	26% of a day	27 g net · 6.8 g sugars	28% of a day	1 g saturated	73% of a day
		12% of a day		10% of a day	

Energy from net carbs 46% · protein 23% · fat 31%

High in (20%+ of a day) Folate 51% · Iron 24% · Vitamin B6 24% · Vitamin C 22%

Source of (10–19%) Zinc 17% · Potassium 16% · Vitamin E 15% · Magnesium 14% · Vitamin A 12% · Vitamin K 10%

⚠ One serve has about 73% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Yodit's Table (@yoditstable) on YouTube — youtube.com/watch?v=FKH1NqEzz1Y, published 23 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/yodits-table-ades-red-lentil-stew