

Lentils

INGREDIENTS

1. 2 cups dried lentils, picked over and washed
2. 6 cups water
3. 3/4 cup Anaheim green peppers, seeded and chopped
4. 2 cups red onions, peeled and chopped
5. 1/4 cup spiced butter
6. 1 tablespoon grated fresh ginger
7. 2 cloves garlic, peeled and crushed
8. 1 tablespoon *berbere* sauce
9. Freshly ground black pepper, to taste

Method:

1. Boil the lentils in water for 5 minutes. Drain, reserving liquid.
2. In a 4-quart saucepan, sauté the Anaheim peppers and onions in the spiced butter until the onions are tender.
3. Add the lentils, 4 cups of the reserved liquid, and the remaining ingredients, and bring to a simmer.
4. Cook, covered, over low heat 35 to 40 minutes, stirring occasionally to prevent sticking.