ETHIOPIAN COOKING

FASOLIA

Green Beans
Carrots (half the amount of beans)
Onion
Salt and Pepper
Garlic
Ginger (fresh if you choose)
Olive oil

Cooked your onions and garlic down in a hot pan with the oil.

Let them get nice and brown.

Then simply add your beans and carrots and Salt and pepper.

You can steam the beans and carrots first then add or make like a stir fry.

TIBS

Oil
Tomatoes
Green peppers
Red onion, chopped
Fresh ginger, peeled and grated
Garlic cloves, crushed
Berbere
Cubed lamb/beef

Chop the onions small and cook them until golden over medium high heat.

Add the ginger and crushed garlic to the pan and cook a few more minutes.

Add berbere, and meat. Brown it.
**MISIR**

Dry split red lentils
Oil
Berbere
Onion, chopped
Garlic
Water
Tomato paste
Salt as needed

Sautee onions and garlic with oil until onions are soft. Add berbere, and tomato paste, stir until mixed thoroughly, add water if needed. Rinse lentils. Add lentils and (+1 cup of lentils) water to the onion mix. Let simmer for 15-20 minutes, stirring occasionally.