

# 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.