

SPICED RED LENTILS

From Peter: We love all lentils and I love cooking with red lentils. This simple recipe I adapted from Milk Street. I didn't have berbere so I used Gochujang and thought the spice level and flavor was perfect. We had some sweet potatoes left over from our garden so added them and it gave the dish some extra body.



Ingredients

- 4 tablespoons avocado or grapeseed oil
- 1 medium sweet onion chopped
- 2-3 tablespoons tomato paste
- 4 cloves garlic minced
- 4 teaspoons fresh ginger grated
- 1 -2 tablespoons gochujang (or substitute berbere)
- 1 cup red lentils
- 4 cups vegetable broth
- Salt and pepper to taste
- 3 plum tomatoes chopped
- 1 jalapeno seeded and chopped
- 1 sweet potato roasted and chopped

Directions

- In Dutch oven or large saucepan, heat half the oil and add the onion until browned. Mix in the tomato paste and stir until lightly browned. Add the garlic, 3 teaspoons of ginger and gochujang and still until fragrant. Stir in lentils and broth and bring to a boil then simmer over medium-low heat uncovered, stirring often. After 15 minutes, add the cooked sweet potatoes. When the lentils are creamy and tender, about 20-25 minutes, removed from heat.
- In a bowl, mix tomatoes, jalapeno, salt, pepper and remaining ginger.
- When the lentils are done, place in serving bowl, top with tomato mixture and drizzle with remaining oil and serve.