

Ethiopian-Style Red Lentil and Okra in a Spicy Tomato Sauce

Ingredients:

- 1 cup dried red lentils
- 5 cups water
- 2 tablespoons olive oil
- 1 red onion, diced
- 2 cloves garlic, minced or crushed
- 1-inch fresh ginger, grated or minced
- 1 1/2 cups fresh or frozen okra, sliced into 1/2-inch pieces
- 1 large tomato, diced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamon
- 1/8 teaspoon ground cloves
- 3 tablespoons berbere powder
- 1 tablespoon paprika
- 1 teaspoon sea salt, or to taste
- fresh cracked black pepper, to taste

Instructions:

1. Rinse the lentils and add to a large heavy-bottomed saucepan. Pour in the water and bring to a boil over high heat. Reduce heat to medium and simmer, uncovered, for 10 minutes or until the lentils are cooked but still retain some firmness. Drain, reserving the cooking liquid, and set aside.
2. Wipe the saucepan dry. Add the oil and heat over medium-high heat. When hot, add the onion and sauté for 5 minutes or until softened and slightly browned on the edges. Toss in the garlic and ginger and stir for another minute.
3. Add the okra, tomato, cumin, cinnamon, nutmeg, cardamon and cloves, and stir well to combine. Reduce the heat to medium, cover, and simmer for about 10 minutes, stirring often, until the okra has started to soften. Stir in the berbere and paprika, increase the heat to high and add 2 cups of the reserved lentil cooking liquid. Bring to a boil, reduce heat to medium-low, cover, and simmer, stirring often, until the orka is tender, about 10 more minutes.
4. Stir in the lentils and a bit more of the reserved cooking liquid if necessary to thin the sauce. Cover and simmer for 5 to 8 minutes, stirring occasionally, until the sauce has thickened. Season with sea salt and black pepper.

Revision #2

Created 2026-02-11 10:39:07 UTC by Admin

Updated 2026-02-11 10:42:39 UTC by Admin