

RECIPE

Moroccan Lentils



Ingredients:

1 tsp Paprika
1 tsp Cumin
1 tsp Ginger
½ tsp Pepper
Salt to taste
2 C Brown or Green Lentils, rinsed
1 Medium Tomato grated and/or 1 TBSP
Tomato Paste
1 Medium Onion, chopped
⅓ C Olive Oil
1 TBSP Fresh Parsley, chopped
1 TBSP Fresh Cilantro, chopped
2-3 Cloves of Garlic, finely chopped or pressed

Directions:

Add the olive oil, garlic, parsley and cilantro and the spices to a medium pot, let the ingredients cook for 10 to 15 seconds, then add the onion and tomato and/or tomato paste and, sauté while stirring until onion is translucent.

Add the Lentils and two cups of water, cover the pot and reduce the heat to medium and let the ingredients simmer for 30 minutes, while checking frequently. If the lentils are dry, add a little bit of water. Cook until the lentils are soft and the sauce is not too watery.

Served with Moroccan bread or with hot rice.

