



Yetakelt W'et (Spicy Mixed Vegetable Stew) from Ethiopia



Ingredients for 6 servings:

- 1 cup Onions, finely chopped
- 2 Garlic cloves, pressed
- 1 tablespoon Berbere (dry)
- 1 tablespoon Sweet Hungarian paprika
- ¼ cup Niter Kebbeh
- 1 cup Green beans, cut in thirds
- 1 cup Carrots, chopped
- 1 cup Potatoes, cubed
- 1 cup Tomatoes, chopped
- ¼ cup Tomato paste
- 2 cup Vegetable stock
- Salt and pepper to taste
- ¼ cup Chopped fresh parsley

1. Sauté the onions, garlic, berbere, and paprika in the niter kebbbeh
2. for 2 minutes. Add the beans, carrots, and potatoes and continue to
3. sauté for about 10 minutes, stirring occasionally to prevent burning.
4. Add the chopped tomatoes, tomato paste, and vegetable stock.
5. Bring to a boil and then simmer for 15 - 40 minutes, or until all of the vegetables are tender.
6. Add salt and pepper to taste.
7. Mix in the parsley (optional).

Serve with injera and yoghurt or cottage cheese.