



Spicy Ethiopian Tofu Stew - Vegetarian Doro Wat

This is a vegetarian version of a classic fiery Ethiopian dish.

Ingredients:

3 TBL olive oil
3 TBL butter
4 large onions, sliced thinly
2 medium carrots, peeled and sliced
1 stalk celery, sliced.
1 sweet red pepper, sliced
1-2 TBL Ethiopian Berbere
(depending on desired heat level)
1 TBL ginger, minced
1 TBL garlic, minced
1 large potato cut in ½ inch cubes
½ LB firm tofu, cut in ½ inch cubes
2 TBL soy sauce
1 TBL honey
1 cup white wine
1 cups veg. stock or water
2 cups green beans trimmed and cut,
fresh or frozen
Small bunch parsley, chopped
Salt to taste

Instructions:

- 1 - Begin sautéing the onions in oil and butter in a large Dutch oven over medium heat until caramelized, about 30 minutes.
- 2 - Add carrot, celery and pepper. Cook for 5 minutes.
- 3 - Stir in the Ethiopian Berbere and salt, cook 2 minutes.
- 4 - Add the ginger and garlic, cook 1 minute.
- 5 - Add potatoes and tofu, for a few minutes.
- 6 - Add soy sauce, wine and honey. Bring to boil.
- 7 - Add stock and Bring to a boil. Adjust salt, cover and simmer until potatoes are tender (20 minutes).
- 8 - Add green beans and cook 5-10 minutes.
- 9 - Finish with chopped parsley.
- 10 - Serve with injera or rice.

Spices Used: Ethiopian Berbere

4 Servings