SHIRO WOT

INGREDIENTS:

SAUCE:

- 1 medium red onion, chopped
- 2 large garlic cloves, chopped
- 1 tablespoon minced ginger
- 2 tablespoons extra virgin olive oil
- 2 tablespoons berbere spice
- $\frac{1}{2}$ cup chickpea flour
- 1 cup canned crushed tomatoes
- ¹/₈ teaspoon fine sea salt

SERVES 2

- 1 ¹/₂ cups water, plus more as needed
- 1 teaspoon minced jalapeño (optional)

DIRECTIONS:

- as it stands and cools.

Nutrition Facts

318 calories | 17g fat | 3g saturated fat | 739mg sodium | 38q carbohydrate | 9q fiber | 14q suqar | 9q protein

30 MINUTES



Add the onion, garlic, and ginger to a food processor and pulse until very finely minced, stopping periodically to scrape down the sides of the bowl to ensure even chopping. Set aside.

A Heat a pot over medium heat, then add the olive oil, onion mixture, berbere, and salt. Stir to combine, cook, stirring occasionally, until fragrant and thickened, about 3 minutes.

Whisk in the chickpea flour and stir briskly to avoid lumps. Whisk in the tomatoes and 1 cup of water. Reduce the heat to low and simmer, adding more water as needed to loosen the mixture and stirring occasionally. Keep stirring until the mixture becomes smooth and thickened, roughly 10 minutes. Stir in jalapeños (if using) and serve warm. Note the shiro will thicken

Season with salt and pepper as needed and serve with injera (a fermented, teff-based flatbread) or other whole grain bread.