

# Ethiopian Doro Wat

Doro wat means “chicken stew” in Ethiopia and is one of the most popular dishes eaten there. This recipe features a home-made Berbere spice mix, which is a mix of sweet and citrusy flavors.



## INGREDIENTS

5 lbs chicken, boneless, skinless, raw

1 large yellow onion, diced

1 ¼ tsp salt

3 cloves garlic, minced

3 cups crushed tomatoes

3 cups water

2 sprigs green onion, thinly sliced

Berberere spice mix

- ½ tsp chili flakes
- ½ tsp paprika
- 1 tsp cinnamon
- 1 ½ tsp ground ginger
- 1 tsp ground cumin
- ½ tsp ground cloves
- ¼ tsp ground all spice
- 1 tsp ground nutmeg

**Yield 25 servings (Ages 3-5) • Serving Size: 2 oz**

In a large stock pot over medium heat, cook the onions and garlic over low heat until the onions are translucent. Stir occasionally (about 10 minutes)

Add chicken and the Berbere spice mix and stir to incorporate the spice.

Add the tomatoes and water.

Increase the heat to high and bring the mixture to a boil.

Reduce heat and simmer for 30 minutes.

Cook until the chicken is heated through to 165°F.

Garnish with scallions

Serve hot with brown rice

**CACFP Crediting:** 1 serving provides 2 oz meat/meat alternate