

# SABRINA'S BERBERE STEW

From the [Healthy Lifestyle Expo](#)



## INGREDIENTS

2 ½ cups red lentils  
2 jars Muir Glen Portobello Mushroom Sauce (or other fat free, low sodium pasta sauce)  
2 empty Muir Glen bottles worth of water  
½ cup BBQ sauce of choice  
1 Tbs Berbere spice \*  
2 cloves of garlic, minced

Pour all of the ingredients into a rice cooker.

Press button to cook on “brown rice” setting.

Sabrina uses the Zojirushi rice cooker which takes about 90 minutes to finish cooking, and then it automatically goes into a “warming” setting.

The stew actually improves over time and tastes even better the second day when the flavors have had time to intensify.

\* Sabrina's favorite Berbere spice is available [here](#).