



Makes 6 cups
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup chickpea flour
1 cup chopped red onion
12 cloves garlic, minced
1 cup chopped tomato
1½ tablespoons Berbere Spice Blend
½ teaspoon ground cardamom
1 teaspoon tahini or cashew butter
2 tablespoons lemon juice
Sea salt, to taste

Shiro Wat (Chickpea Flour Stew)

A vegetarian classic in Ethiopian cuisine, shiro wat is a thick, smooth stew made from **chickpea** flour (also known as besan). The velvety soup is flavored with berbere—a spice blend that’s packed full of fragrant seasonings—and extra cardamom to create a symphony of scrumptious flavors. Chopped tomatoes and **red onion** add bright acidity to the explosion of spices while tahini delivers a creamy texture to make this stew extra slurpable. You’ll love the vibrant flavor profile and easy preparation of this simple but incredibly satisfying East African favorite.

Tip: Chickpea flour can be found at Ethiopian or Indian markets or [online](#).

For more vegan African recipes, check out these tasty ideas:

- [Moroccan Carrot-Beet Salad](#)
- [Egyptian Breakfast Beans \(Ful Medames\)](#)
- [African Yam Stew](#)
- [Sweet Moroccan Pancakes with Chocolate Banana Sauce](#)

By Darshana Thacker Wendel

- 1 Heat a large nonstick skillet over medium-low. Add chickpea flour; cook for 10-15 minutes or until flour releases a toasted aroma, stirring frequently. Transfer to a large bowl; let cool.
- 2 In a large saucepan combine onion, garlic, and ¼ cup water. Cover and cook over medium 10 minutes or until onion is tender, stirring occasionally. Add tomato, Berbere Spice Blend, and cardamom; cook 10 minutes more.
- 3 Add tahini, lemon juice, and 6 cups water to the toasted chickpea flour; whisk until smooth. Add mixture to pan with onion mixture. Bring mixture to boiling; reduce heat. Cover and cook 30 minutes or until stew is thickened, stirring occasionally. Season with salt.