



Ingredients

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| dried fava beans (<i>1²/₃ cup</i>) | <i>360 g</i> |
| water | <i>1 litre</i> |
| garlic cloves, peeled and crushed | <i>3 units</i> |
| juice of freshly squeezed lemons | <i>2 units</i> |
| fresh mint | <i>1 small bunch</i> |
| sea salt | <i>to taste</i> |
| extra virgin olive oil | <i>3 teaspoons</i> |

Lebanese Foul Moudammas

Lebanon | Easy | 50 minutes | 4 servings | Main Dish

Tasty Mediterranean's "Lebanese Foul Moudammas (Fava beans)" recipe is a healthy and delicious vegan and gluten free mediterranean diet recipe. This simple yet delicious legume dish is a good source of protein, fibre, iron, B vitamins and other nutrients.

Tools and equipment

~ large pot



Directions

- 1** Soak the dried fava beans in cold water for 10 hours (ideally leave them soaking overnight). Rinse them well and drain.
- 2** Have the ingredients well washed and prepared as indicated in the ingredients description.
- 3** Add the drained fava beans in a cooking pot, cover with water and add one-tablespoon extra virgin olive oil. Cook over medium-low heat, stirring occasionally, for 45 minutes or until tender. Add 1 teaspoon of sea salt, stir and remove from the heat.
- 4** Add the freshly squeezed lemon juice, the garlic and two tablespoons of extra virgin olive oil. Serve and garnish with fresh mint.

Notes: It is common to serve this dish accompanied with Lebanese bread, olives and some fresh vegetables such as tomatoes and Lebanese cucumbers.