



INGREDIENTS

- (4) 15 Ounce Cans Fava Beans (rinsed and drained)
- 5 Cups Water
- ¼ Cup Fresh Lemon Juice
- ½ Teaspoon Cumin Powder
- 8 Garlic Cloves (minced)
- ½ Teaspoon Baking Soda
- 1 Cup Tomatoes (diced)
- 1 Cup Onions (diced)
- Extra-Virgin Olive Oil (for drizzling before serving)
- Cayenne (optional)

DIRECTIONS

1. Rinse and drain the beans under cold running water. Place in a medium sized pot and cover with 5 cups of water and cook to boil on high heat, scooping and discarding the white scum as it appears.
2. Cover the pot and put over low heat for 2 to 3 hours until the beans are no more tough and the liquid has lightly thickened. If the beans are drying out, add ½ cup of boiling water and cook until the fava beans are tender. The consistency should be that of a thick soup.
3. Remove from heat, add salt, lemon juice, cumin powder and garlic.
4. Roughly mash the fava beans with a mortar. Transfer to a large serving bowl. Add tomatoes, onions and drizzle some olive oil on top.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

7 Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ¾ Cup
School Age: ¾ Cup
Adult: ¾ Cup