

Fava Bean Stew



INGREDIENTS

1. 1 cup dried fava beans, soaked overnight and drained
2. 4 tablespoons olive oil
3. Salt and pepper to taste
4. 1/2 teaspoon ground coriander
5. 1/2 teaspoon cumin
6. 4 tablespoons lemon juice
7. 4 cloves garlic, crushed
8. 2 tablespoons fresh cilantro, finely chopped

Method:

1. Place beans in a pot and top with two inches of water. Bring water to a boil. Turn heat down to medium and simmer beans for 45 minutes to an hour.
2. Drain beans and place in a bowl. Add 2 tablespoons of olive oil, salt, pepper, ground coriander, cumin, lemon juice, and garlic. Stir well until beans are slightly crushed.
3. Put mixture into individual bowls. Top with remaining 2 tablespoons of oil and garnish with cilantro. Serve hot.