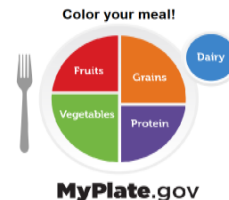




# FAVA BEANS IN SPICY TOMATO SAUCE



@Gleanersfan



## Ingredients:

- 1 15 oz. can of Fava Beans
- 1 large onion, diced
- 1 tomato, diced
- 1+ clove of garlic, minced
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp cumin

- 1 Tbsp Berbere Spice Blend (see below for recipe)
- 4 Tbsp chili powder
- 2 Tbsp paprika
- 1/2 tsp ground cayenne pepper, onion powder, ginger, cumin, coriander
- 1/4 tsp garlic powder, cinnamon
- 1/8 tsp (dash) nutmeg
- Optional—1/2 tsp cardamom and fenugreek, 1/4 tsp ground allspice and cloves

## Directions:

1. In a skillet, add oil over medium heat. Add onion and cook until tender, about 3 minutes.
2. Add garlic, Berbere Spice Blend, and cumin. Stir and cook for 1 minute.
3. Add tomato, salt, and black pepper. Stir and cook for 5 minutes.
4. Add fava beans. Stir and cook for 10 minutes.
5. Serve with crusty, toasted bread. Enjoy!

Find more online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
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