

## Ful (Syrian Fava Beans)

County of Origin: Syria | Contributed by: Maria Al Louaissi

**Ful is popular breakfast favorite, but can also be enjoyed as a hearty salad, it is commonly served with flat bread.**

### INGREDIENTS:

- 1 19oz can of fava beans, drained (save water)
- ½ cup of water
- ½ tsp salt
- ½ tsp lemon sea salt (citric acid)
- 2-3 garlic gloves minced
- 1 large tomato sliced into small pieces
- ½ bunch of parsley
- ½ cup of olive oil

### UTENSILS

- Knife
- Cutting board
- Saucepan
- Bowl
- Strainer

**Prep Time:** 10 mins.  
**Cook Time:** 20 mins  
Recipe makes 5 servings.

### INSTRUCTIONS

1. Combine fava beans with ½ cup of water and liquid from the can, and boil for 10 minutes. After done, drain.
2. In a bowl, mixed cooked fava beans with ½ tsp salt, lemon salt (citric acid), garlic and tomatoes.
3. Once well mixed, add parsley and olive oil.
4. Mix, serve and enjoy!

### Variation:

After mixing cooked beans, salts, garlic and tomatoes, add 2 tbsp of tahini and 1 tbsp of plain yogurt, and another ½ tsp salt. Finish with parsley and oil.