

Ful Mudammas Recipe (breakfast beans)

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Description

A dish made from fava beans, which are cooked and served with diced cucumbers, tomatoes, and parsley in a pita and is commonly served as a breakfast food.

Recipe

1 Can fava beans 16oz

1 Can garbanzo beans 16oz

2 Large minced Garlic

1 tsp of salt

1/2 Cup lemon juice

1/2 cup chopped tomato

1/2 cup chopped parsley

2 radish sliced

1 tsp cayenne pepper

1/4 cup extra virgin olive oil

In a pot warm up the fava beans and chick peas then transfer to a large bowl. Add minced garlic with salt and lemon juice and combine with beans. With a mortar, mash half of the beans then mix with a spoon. Top with freshly chopped parley, tomato, radishes, olive oil and cayenne pepper. Serve with pita bread.

