



# Fava Beans in Tomato Sauce

## Ingredients

- 1 ½ cup onions, chopped
- 1 tbsp. olive oil
- 1 tbsp. garlic powder
- 1 tsp. cumin ground
- 1 tomato large, chopped
- ½ tsp. black pepper
- ½ tsp. salt
- 1 can fava beans, drained

Flip for step-by-step  
instructions





## Instructions

1. Heat oil in pan over medium-high heat. Add onions, reduce heat to medium until brown, about 3 min.
2. Add garlic, cumin. Stir and cook for 1 min.
3. Add tomato, pepper and salt. Cook for about 5 min.
4. Add fava beans, stir and cook for 10 min.
5. Plate and serve.

Source: Around the World at the Farmers' Market: Recipes from San Diego's African and Middle Eastern Community Cooks