

# Foole M'damas

## INGREDIENTS:

15 Oz. Fava Beans Canned -- Washed And Drained  
1/2 C Chickpeas -- Cooked  
2 1/2 C Water  
Salt -- To Taste  
2 Cloves Garlic  
1 Tbsp Green Bell Peppers -- Hot Peppers Optional  
2 Tbsp Tomato -- Diced  
2 Tbsp Extra Virgin Olive Oil  
2 Oz. Lemon Juice -- Fresh Squeezed

## PREPARATION:

1. In a sauce pan, combine water, fava beans and chickpeas. Bring to a boil then simmer and cover, cook for 20 minutes.
2. Mash the garlic and peppers with salt until it looks like a paste, add lemon juice and whisk well.
3. Add the lemon mixture and mix well, divide in small deep plates and garnish with tomatoes, chopped parsley and a sprinkle of olive oil.

ENJOY!