

*"Tastier with your touch
from iftar to suhoor .."*



Peeled Fava Beans with Liver

INGREDIENTS:

- 2 cans of California Garden Fava peeled with chili
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 large tomatoes, peeled and diced
- Salt & black pepper to taste
- ¼ cup parsley, chopped
- Olive oil

Serve with:

- Liver, Falafel, Pickles, Eggs, Vegetable plate, bread

PREPARATION:

- In a large skillet, add olive oil over medium heat and add the onions and garlic. Cook until softened and translucent.
- Add tomatoes, sprinkle with salt & pepper and cook on medium heat for 3 minutes
- Add the peeled fava beans and liquid and mix and let cook for 4 minutes on low heat
- Sprinkle with chopped parsley once cooked and ready to serve
- Serve hot with bread, cooked Liver, Falafel, Pickles, Eggs, Vegetable plate



Serving size
4-6 across



Preparation Time
50 Min



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