



Makes 4 servings
Cook Time: 2 hours 15 minutes

INGREDIENTS:

1½ pounds dried fava beans,
soaked for 8 to 10 hours

1 medium yellow onion, peeled
and diced small

4 cloves garlic, peeled and
minced

1 teaspoon ground cumin

Zest and juice of 1 lemon

Sea salt

1 lemon, quartered

Egyptian Breakfast Beans (Ful Medames)

This traditional Egyptian breakfast (pronounced *fool mudammis*) is almost always made with dried fava beans. They need to soak at least 8 hours before cooking, so start this dish the day before you want to serve it, to let the beans soak overnight. Ful Medames is usually served with pita bread and a fried egg, but take some liberty and serve it over brown rice with fresh lemon instead.

From *Forks Over Knives – The Cookbook*

By Del Sroufe

- 1 Drain and rinse the beans and add them to a large pot. Cover with 4 inches of water and bring to a boil over high heat. Reduce the heat to medium, cover, and cook until the beans are tender, 1½ to 2 hours.
- 2 While the beans are cooking, sauté the onion in a medium skillet or saucepan over medium heat for 8 to 10 minutes, or until it is tender and starting to brown. Add the garlic, cumin, and lemon zest and juice and cook for 5 minutes longer. Set aside.
- 3 When the beans are fully cooked, drain all but ½ cup of the liquid from the pot and add the onion mixture to the beans. Mix well and season with salt to taste. Serve garnished with the lemon quarters.