



Fava Beans Stew

🕒 40 minutes

Ingredients

- 1 tsp. vegetable oil (optional)
- 1 cup of chopped onion
- ½ cup of chopped green bell pepper
- ¼ cup + ½ cup plant-based chorizo (optional)
- 2 1/2 cups fava beans
- 2 cups tomato sauce
- 2 cups vegetable stock (or water)
- ½ cup cilantro
- Juice of ½ a lemon
- Salt and black pepper to taste

Method

1. Once your pan is hot, sauté the onion and bell pepper for a couple of minutes. Season with salt.
2. Add ¼ cup of chopped vegan chorizo. This is optional. I have included it for the taste it adds. Cook for another couple of minutes.
3. Add the fava beans and the tomato sauce.
4. Mix well.
5. Let the tomato sauce cook for a few minutes before adding the water.
6. Add the vegetable stock/water.
7. Add salt and cracked black pepper to taste.
8. Let it come to a boil.
9. Let it come to a boil and reduce it to a simmer.
10. Let it bubble away for around 20 minutes or until the fava beans are cooked.
11. Add the cilantro, the remaining ½ cup of chorizo, and lemon juice.
12. Give it a final taste test, and remove it from the heat.