

TOTAL INGREDIENTS:

- fava bean: 1 can
- olive oil: 5 1/2 tablespoons
- onion: 1 large
- tomato: 1 large, 4 fresh
- cumin: 1 1/2 teaspoons
- parsley: 1/4 cup, 1 teaspoon
- lemon juice: 1/4 cup, 1 tablespoon
- salt: 1/2 teaspoon, to taste
- pepper: to taste
- red pepper: to taste
- leek: 2 pounds
- beef: 1 pound
- white bread crumb: 1 cup
- egg: 2
- water: 3/4 cup
- butter: 1 tablespoon
- green bell pepper: 2
- sugar: 2 teaspoons
- paprika: 1 1/2 teaspoons
- garlic powder: 1/4 teaspoon
- green olive: 1 can