**Ful Medames**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 1 cup cooked fava beans (or canned, rinsed)
* 1 tbsp olive oil
* 1 clove garlic, minced
* 1 small tomato, chopped
* ½ tsp cumin
* ¼ tsp paprika (optional)
* Juice of ½ lemon
* Salt to taste
* Fresh parsley

**Instructions:**

1. In a pan, heat olive oil. Sauté garlic until aromatic.
2. Add tomatoes and cook until soft.
3. Add fava beans, cumin, paprika, salt, and ½ cup water. Simmer for 15–20 minutes.
4. Slightly mash some beans for a creamy texture.
5. Stir in lemon juice and garnish with parsley.

**Serving suggestion:** Serve with warm khubz or whole wheat pita.