

Creamy foul mudammas

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

Foul madammas

- 4 cups canned fava beans with aquafaba
- 1 cup canned, low-sodium garbanzo beans with aquafaba
- 1 tsp kosher salt
- 3 tbsp lemon juice
- 2 tbsp garlic cloves, peeled and minced
- 2 tbsp tahini paste

Vegetable mix

- 1/4 cup olive oil
- 2 cups yellow onions, diced small
- 2 tbsp fresh jalapeño peppers, minced
- 1 tsp kosher salt
- 1/2 tsp black pepper, table-ground
- 2 cups Roma tomatoes, diced small
- 1/2 cup water

Service

- 1/4 cup olive oil
- 1/4 cup fresh Italian parsley, chopped

Instructions

For foul madammas

1. In a large pot over medium heat, add fava beans and bring to a simmer. In a separate pot over low heat, add chickpeas and bring to a simmer for 3-5 minutes. Once chickpeas are heated through, turn off heat, and hold in pot for service.
2. In a small mixing bowl, add salt, lemon juice, garlic, and tahini paste and whisk to combine. Add mixture to fava beans and stir until combined. Using a fork, lightly crush the fava beans

around 10 times or until it creates a creamy consistency but still has texture. Hold hot for service.

For vegetable mix

1. In a skillet on medium heat, add oil. Once up to heat, add onions, jalapeños, salt and pepper. Sauté for 5-7 minutes or until onions are brown and translucent. Add tomatoes and allow to break down for 2-3 minutes.

2. Add water to vegetable mixture and bring to a light simmer. Hold hot for service.

For service

1. In a bowl, add 3/4 cup of fowl and top with 1/2 cup of vegetable mixture. Top fowl with 1/4 cup of reserved chickpeas and 1 tablespoon of parsley and olive oil.

Serving suggestion sides: bread, fresh veggies and tea of choice.

Notes

*The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.

Nutrition

Serving: 18.59oz | Calories: 599kcal | Carbohydrates: 65g | Protein: 26g | Fat: 34g | Saturated Fat: 5g | Sodium: 663mg | Fiber: 24g | Sugar: 30g