

# Egyptian Beans (Ful Medames)

- Olive oil
- 2-3 cloves of garlic, crushed
- 1 sweet onion, julienned
- white sugar
- Kosher salt
- 15 ounce can of beans, drained (ideally fava, maybe pinto or white)
- One large beefy tomato
- 1/2 tablespoon ground cumin
- 1/2 teaspoon chipotle pepper
- 4 ounces tomato sauce
- Juice of three limes
- Salt and pepper to taste
- Chopped fresh parsley

In a pot with a good cover, bring a bit of olive oil up to temperature over a medium heat.

Add the garlic and onions and brown. Add a little white sugar and salt.

Once the onions start to turn brown, add the beans.

After the beans start to get warm, chop and add the tomato.

In a separate bowl combine two teaspoons olive oil, the cumin, the tomato sauce, the juice of three limes and salt and pepper. Whisk together, and add to the beans.

One the beans are near ready to serve, add the parsley.

Serves: 4

Preparation time: 40 minutes

— [Subscriptions \(1\)](#)

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