
Fava Beans

Ingredients

1 pound dried fava beans
Olive oil
Oregano
Basil
Garlic
Hot pepper flakes
Salt
Pepper

Procedure

Cover the beans with water and soak 2 - 3 days, adding water to cover if needed. Pour ½ of the water off. Add olive oil to cover. Add all spices. I never measured how much I used. I use allot of basil and garlic; less oregano and the pepper and salt to taste. Also - I don't shake the spices - I pour! Cook ½ - 1 hour, until soft.

