

# Mexican Fava Bean Soup (Sopa de Habas)

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-fava-bean-recipe>

## Ingredients:

- 2 cups fava beans shelled, dried
- 1 ripe tomato chopped
- 1 clove garlic chopped
- 1/2 small yellow onion chopped
- kosher salt
- freshly ground black pepper
- 1 tablespoon olive oil
- 1/4 teaspoon saffron threads crushed
- 1/4 teaspoon ground cumin

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 19 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 200 milligrams
7. Sugar: 3 grams

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