

Portuguese Fava Bean, Chouriço and Egg Stew

Yield: 7 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-broad-bean-recipe>

Ingredients:

- 4 tablespoons olive oil
- 1 small onion diced
- 4 cloves garlic minced
- 1 package Portuguese chouriço .74 lbs or .334 kg, cut in half wheels
- 3 ounces smoked bacon thick, pancetta or toucinho, cut in small pieces. I used the spicy one, but the sweet version will work just fine
- 1 can tomato paste 5.5 fl oz or 156 ml
- 1 tablespoon red wine vinegar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 2 1/2 pounds frozen broad beans or fava beans
- 5 1/2 cups water
- 2 teaspoons salt
- 6 large eggs

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 190 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 4 grams
8. Sodium: 980 milligrams
9. Sugar: 7 grams

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