

Fava Bean Stew

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1/2 pound linguica or chourico sausage
- 1/4 cup olive oil
- 1 onion large, chopped
- 2 garlic cloves minced
- 1/2 cup beer
- 3 tablespoons tomato paste
- 2 cups water
- 2 pounds fava beans frozen
- 1 bay leaf
- 1 teaspoon peppers hot crush
- salt
- pepper

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 60 milligrams
4. Fat: 39 grams
5. Fiber: 13 grams
6. Protein: 32 grams
7. SaturatedFat: 10 grams
8. Sodium: 1250 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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