

Dried Fava Soup with Mint and Guajillo Chiles

Yield: 9 min
Total Time: 110 min

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

Ingredients:

- 1 pound fava beans hulled dry, rinsed, see photo for reference if needed
- 8 cups vegetable broth good, or water
- 6 garlic cloves unpeeled
- 1 large white onion sliced 1/2-inch / 1 cm thick
- 1 1/2 pounds ripe tomatoes
- 6 guajillo chiles medium dried, stemmed & seeded
- 2 tablespoons extra virgin olive oil
- 2 tablespoons cider vinegar
- 3/4 teaspoon dried Mexican oregano
- 1 1/2 teaspoons fine grain sea salt plus more to taste
- 1/2 cup chopped cilantro loosely packed
- spearmint
- 2 tablespoons chopped fresh mint
- 1/2 cup queso anejo crumbled Mexican, or feta

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 1240 milligrams
7. Sugar: 6 grams

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