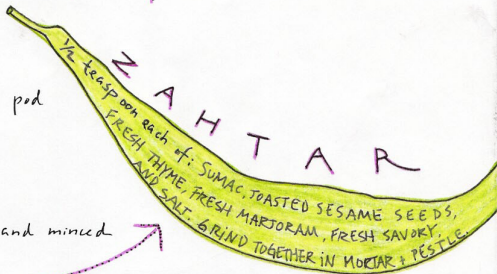


# Afghan Fava Bean Spread

- 1 quart water
- 4 pounds fava beans in the pod
- 2 cups icy cold water
- 3 tablespoons olive oil
- 2 cloves garlic, peeled and minced
- 1 tablespoon zahtar



In a medium sized saucepan, bring the water to a boil. Take the fava beans out of their pods. Drop them in the boiling water and cook for one minute. Drain the fava beans and put them into the bowl of icy cold water. When they are cooled, slip the beans out of their outer skins and set aside.

In a medium sized saucepan, heat the olive oil over medium heat. Add the fava beans and saute' for 8-10 minutes. Add the garlic and cook for another 3 minutes.

When the beans are soft and tender, remove from heat - add the zahtar and mash to a paste with a fork. Spread on warm pita bread and enjoy.

