

HOW TO COOK FAVA BEANS IN 3 EASY STEPS

Fava beans take a little time, but they are worth it! This is a simple but oh-so-good way to introduce yourself to them. Once you try it, check the internet for more ideas!

1. Shell and put beans in boiling water for 2-3 min or done to your liking.
2. Cool a bit and remove the outer skin of the bean if it is too tough. (I never do, but some people don't like that skin).
3. Add a little salt and butter, and eat!