



Egyptian Red Bean Stew

with Fried Eggs, Herbs & Pita



30min



2 Servings

This warming dish is inspired by ful medames, a hearty Egyptian stew that is typically made with fava beans. For our version, we swapped the favas for creamy kidney beans, which simmer along with tomatoes, ground cumin, and onions for a rich, belly-pleasing, cold-weather supper. We top off each serving with a protein-rich, sunny-side-up egg, and serve crisp, toasted pita on the side.

What we send

- 1 medium yellow onion
- 2 plum tomatoes
- garlic (use 2 large cloves)
- ½ oz fresh cilantro
- ½ oz fresh parsley
- ground cumin (use 1 tsp)
- 1 can kidney beans
- 1 pkt vegetable broth concentrate
- 2 Mediterranean pitas ^{1,6,11}
- 1 lemon

What you need

- olive oil
- kosher salt & ground pepper
- large eggs ³

Tools

- medium pot
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

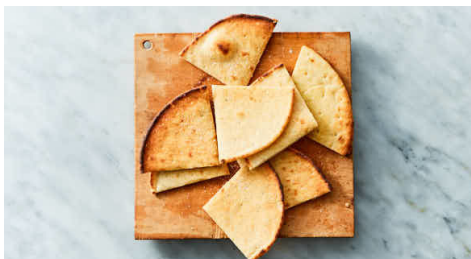
Nutrition per serving

Calories 700kcal, Fat 31g, Carbs 83g, Protein 25g



1. Prep ingredients

Halve, peel, and cut **all of the onion** into ½-inch pieces. Core **tomatoes**, then cut into ½ inch pieces. Peel and finely chop **2 teaspoons garlic**. Coarsely chop **cilantro and parsley leaves and stems** together.



4. Toast pitas

Meanwhile, preheat broiler with top rack 6 inches from heat source. Brush **pitas** on both sides with **oil**. Broil directly on top oven rack until browned on both sides, about 2 minutes total (watch closely, as broilers vary.) Transfer to a cutting board. Drizzle with more **oil**, if desired, then cut into wedges and season with **salt**.



2. Sauté aromatics

Heat **1½ tablespoons oil** in a medium pot over medium-high. Add **onions** and **half of the chopped garlic**; season with **salt** and **pepper**. Cook, stirring, until onions are softened and browned in spots, 4-5 minutes. Stir in **1 teaspoon of the ground cumin** and cook until fragrant, about 30 seconds.



5. Fry eggs

Heat **2 tablespoons oil** in a medium nonstick skillet over high. Carefully crack **2 large eggs** into the skillet (they may spatter), and sprinkle lightly with **salt** and **pepper**. Cook until the edges are light brown and crispy and the whites are just set, about 1 minute. Cover and cook 30 seconds more (the edges should be very crisp and yolks still runny).



3. Braise beans

Add **beans and their liquid, tomatoes, broth concentrate, 1 cup water**, and **half each of the cilantro and parsley**. Cover and bring to a boil over high heat. Uncover, reduce heat to medium, and simmer until stew is thick and flavorful, about 12 minutes. Season to taste with **salt** and **pepper**. Cover and keep warm over low heat.



6. Finish & serve

Halve **lemon**, then squeeze 2 teaspoons juice into the **stew**. Cut any **remaining lemon** into wedges. Stir **remaining chopped garlic** and **half of the remaining cilantro and parsley** into stew. Spoon **stew** into shallow bowls and top with **fried eggs** and **remaining chopped parsley and cilantro**. Serve with **toasted pita** and **any lemon wedges** alongside. Enjoy!