

# Foul

## Egyptian bean spread / vegan

### ***Preparation:***

Heat up a pot with the olive oil, add the beans (without liquid), salt, pepper, and cumin. Then mix well in a blender. Add tahini according to your taste and let the mix simmer at low temperature for 10 minutes.

Serve with flatbread and olives.

### ***Ingredients:***

1-2 Cans Egyptian beans (Foul Medammes)

Tahini

Olive oil

Salt & Pepper

Cumin

Flatbread and green olives



**Contains allergens: Wheat, barley,  
sesame seeds  
Additives: Antioxidant**