MEXICAN · LUNCH · DINNER

Sopa de Habas (Mexican Fava Bean and Cactus Soup)

Sopa de habas con nopales

95 min · plus overnight soaking | Serves 8 | 209 kcal a serve | Video 10:02 in Spanish · Chef Rogelio Lara

Vegan | Gluten-free ingredients | No nuts listed

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A vegan bean soup with 9 g fibre, 12 g plant protein and 23 g net carbs a serve from dried fava beans, cactus paddles and tomato, cooked in just 2 tbsp olive oil. Rich in folate and magnesium.

Diet notes: Low saturated fat (0.6 g, 3% of the energy).

Ingredients 11 · SERVES 8

- [ ] 1 lb **dried fava beans** (habas secas), soaked about 10 hours and drained
- [ ] 3¼ quarts **water** (2¾ quarts to cook the beans, 2 cups more later), partly simmered off
- [ ] 9 oz **cleaned nopales** (cactus paddles), diced
- [ ] ½–1 tsp **salt** for the nopal cooking water (mostly drained away)
- [ ] 2 tbsp **olive oil** (or vegetable oil)
- [ ] ½ cup finely chopped **white onion**
- [ ] 2 **garlic** cloves, finely chopped
- [ ] 1 lb **tomatoes**, finely chopped
- [ ] 1 **bay leaf** (removed after cooking)
- [ ] 1 tbsp **salt**, added a little at a time to taste
- [ ] a few sprigs of **fresh coriander** (cilantro)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried fava beans in plenty of water for about 10 hours or overnight, then drain. 0:16
2. Bring 2¾ quarts of water to the boil, add the beans and simmer for about an hour, stirring now and then, until they are so soft they start to fall apart. 2:37
3. Meanwhile boil the nopales in 4¼ cups of water with the salt, a tomatillo husk, a chunk of onion, a garlic clove and a few coriander sprigs for about 20 minutes, until tender. Drain and discard the husk and aromatics. 3:15
4. For the sofrito, heat the oil over medium-low heat and fry the onion until soft, then the garlic for a minute. Add the tomatoes and bay leaf, turn up the heat and cook about 6 minutes. Remove the bay leaf. 4:29
5. When the beans have cooked about 50 minutes and look thick, stir in 2 cups of hot water and simmer 10 minutes more. 6:27
6. Stir in the tomato sofrito, the nopales and the coriander, then salt little by little to taste. Simmer 10 minutes more, until as thick as you like. 7:12
7. Serve hot as a starter or a light meal. 8:48

> **Tip** Serves about 8 (our estimate for 1 lb dried beans). Peeled, split habas cook fastest and need no skinning. The chef serves it with salty crackers; a green salad keeps it lighter. Freezes well.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
209 kcal	12 g	33 g	9.4 g	4.1 g	940 mg
880 kJ	24% of a day	24 g net · 5 g sugars	33% of a day	0.6 g saturated	41% of a day
		12% of a day		5% of a day	

Energy from net carbs 53% · protein 27% · fat 20%

High in (20%+ of a day) Folate 41% · Magnesium 20%

Source of (10–19%) Zinc 15% · Iron 14% · Potassium 13% · Vitamin C 13% · Vitamin K 13% · Vitamin B6 11%

Recipe and video: Chef Rogelio Lara (@ChefRogelioLara) on YouTube — youtube.com/watch?v=cKNZ4qWqyQM, published 28 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sopa-de-habas-con-nopales