



Hummus

Equipment Needed

- Can opener
- Measuring cups
- Measuring spoons
- Food processor, blender (immersion or regular), hand chopper, or a potato masher
- Knife (for chopping vegetables)
- Cutting board (for chopping vegetables)

Hummus

Serves 8

1 15-ounce can chickpeas (or pinto beans, fava beans, white beans)

1 lemon, juiced

¼ cup tahini (optional)

1 small clove garlic, minced

½ - 1 teaspoon sea salt, depending on taste

½ teaspoon ground cumin

2 to 3 tablespoons water

Dash of ground paprika for serving (optional)

Assorted sliced vegetables (carrots, bell peppers, celery, etc.) for dipping

Combine the lemon juice and tahini for 30 seconds to 1 minute using an immersion blender to make a creamier hummus. Add in garlic, cumin and salt. Blend for 30 seconds to combine. Add in chickpeas half a can at a time. Blend until smooth, adding water 1 tablespoon at a time to help smooth.

Serve drizzled with olive oil and sprinkle of paprika, with sliced veggies for dipping. You can also top with a few toasted pepitas or sliced olives if you have them on hand.