

Hummus

Saturday, May 02, 2020 4:32 PM

Ingredients

- 1 1/2 cups Cooked Chickpeas
- 1/4 cup Tahina
- 1/4 cup Lemon Juice
- 3 tbsp Minced Garlic
- 1 tbsps Olive Oil
- 1/2 tsp Cumin Powder
- 1/2 tsp Salt

Instructions

1. If using dried chickpeas, soak 1/2 cup dried chickpeas in cool water for at least 12 hours, changing water occasionally, then rinse and boil for 2 hours in water
2. Whip tahina in food processor
3. Add juice, garlic, oil, cumin and salt
4. Process until smooth
5. Add chickpeas
6. Process until smooth

Equipment

- Food processor
- 1/4 Cup measure
- Tablespoon measure
- 1/2 Teaspoon measure
- Container for storage

Notes

We normally use 2 cups dried chickpeas and process in batches