

Traditional Hummus



Hummus is a Middle Eastern dip or spread made with ground chickpeas, better known by some as garbanzo beans. The word hummus actually means “chickpeas.”

The “traditional” version utilizes chickpeas, garlic, tahini, lemon juice, chopped parsley and olive oil and is seasoned with ground cumin, fresh parsley and lemon juice.

However, Hummus can also be made with a variety of different beans as a base, and seasoned with any number of herbs and spices. **Preparation Time: 10 minutes - Serves: 4-6**

Organize Your Ingredients!

Notes on Organizing

You can actually simply prep as you go when making hummus.

Traditional Hummus

1 large clove garlic (peeled)
One 15 oz. can garbanzo beans (drained and rinsed)
2 T. tahini
2 T. lemon juice
2 T. olive oil
1/2 tsp. ground cumin
1/2 C. fresh parsley (tightly-packed)

Optional: 2 Roma tomatoes (chopped)

Assembly Instructions

1. Place garlic, beans, tahini, lemon juice, oil and cumin in food processor and grind until smooth.
2. Wash and dry parsley while blending beans etc. and add to beans mixture.
3. Pulse until parsley is well chopped. Remove from food processor.
4. Stir in optional chopped tomatoes by hand.

Hummus will easily keep 7-10 days in the fridge. Store in container with tight fitting lid.

