



# B'S EASY HUMMUS

Who doesn't love lusciously creamy hummus? A good source of protein and fat, it is the ideal snack.

## DIRECTIONS

1. In a bowl, add 1  $\frac{1}{4}$  cup chick peas with enough water to cover and soak overnight (or 12 hours). Discard water and rinse well.
2. In a sauce pot, add chick peas and fresh water to cover well. Bring to a boil then turn down and simmer on low-medium heat until chick peas are overcooked and easily mashed with a fork ~30 minutes. This is key to making creamy hummus! The chick peas must be overcooked and warm. Note: Some types of chickpeas may need up to 1  $\frac{1}{2}$  hours to overcook.
3. Place 1  $\frac{1}{2}$  cups of the cooked chick peas and remaining ingredients except the ice water in a blender or food processor and blend. Add the ice water as needed (~4 Tbsp) to allow the machine to produce a smooth purée.
4. Taste and adjust seasoning as needed. I tend to prefer a little more lemon juice.



### Equipment:

Mixing bowl, sauce pot, high speed blender or food processor

### Makes:

2  $\frac{1}{4}$  cups of hummus

## INGREDIENTS:

- 1  $\frac{1}{2}$  cup chick peas, cooked & drained
- $\frac{1}{2}$  cup tahini (sesame paste) (Note: Shake bottle well before pouring)
- 2 Tbsp extra virgin olive oil
- 1 tsp garlic, crushed
- 1 tsp salt
- $\frac{1}{2}$  tsp ground cumin
- $\frac{1}{3}$  cup lemon juice
- 4 Tbsp ice water

*Kitchen Prep Tip: To replace canned food, soak and cook large batches of beans like chick peas, kidney and fava beans ahead of time and store portioned amounts in reusable bags in the freezer. When ready to use, simply thaw under warm water (skip to step 3 and omit ice water in that case).*