



## CULINARY LEARN AND SHARE

# Hummus (Garbanzo Bean Dip)

### Ingredients

- 1 (15 oz. or 425 g) can garbanzo beans (chickpeas)
- ¼ cup (60 mL) lemon juice or juice from 1/2 a fresh lemon
- 2 Tbsp (30 mL) tahini/sesame paste
- 2 Tbsp olive oil
- 1 clove garlic, roughly chopped or 1 tsp. ready-made minced garlic



### Directions

Gather all ingredients. Drain the garbanzo beans & retain the liquid in a separate bowl.

Put beans, garlic, and tahini in a food processor or blender and begin to blend. You may also mash by hand with a cooking utensil like a potato masher.

When the beans start to become mashed, add lemon juice and olive oil. Continue to blend until smooth. Hand mashing will give a chunkier hummus.

If necessary, add retained liquid from canned garbanzos or extra water, oil, or lemon juice if you prefer a thinner consistency.

Serve as a dip or a vegetarian entrée with your choice of:

Pita/pita chips  
Bread/toast  
Corn chips

Crackers or pretzels  
Raw veggie sticks/wedges  
Pickles or olives

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