



Recipes

Beans

Hummus

Prep Time: 15 minutes

Cooking Time: None

Yield: 8 servings

Ingredients:

2 cups chickpeas precooked in pressure cooker
1/3 cup chickpea water left over from pressure cooker
3 tablespoons tahini
3 cloves garlic
1/2 teaspoon sea salt
2 tablespoons fresh lemon juice
1/8 teaspoon cumin

Directions:

1. Combine all ingredients in a food processor or blender. It is easier to do it in several, smaller batches.
2. Once blended, stir in a mixing bowl and taste.
3. Add more seasonings if desired.
4. Spread on a serving platter and sprinkle paprika or chili powder and a little olive oil over whole plate.

Variations:

Use canned beans to save time.

Try the same recipe with different kinds of beans such as navy beans or black turtle beans.