UCVEG
umpqua community veg education group

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Hummus

Prep Time: 10 minutes | Yield: 16 servings

Ingredients

1 garlic clove
3/4 cup water or aquafaba
3/4 cup tahini
1/4 cup lemon juice
1 teaspoon salt
1/2 teaspoon ground cumin
Two 15.5-ounce cans chickpeas, drained and rinsed

Instructions

1. Pulse garlic in a food processor until minced.
2. Add the water or aquafaba, tahini, lemon juice, salt and cumin to the garlic and puree for about 1 minute, until the mixture is light-textured, smooth, and pourable.
3. Add the rinsed chickpeas and puree for about 3 minutes, until the mixture is very smooth.
4. Serve or store in an airtight container in the refrigerator for up to 1 week.

Recipe adapted from The Oregonian