

Hummus

3 cups chickpeas, cooked
½ cup tahini (from Ethiopian sesame seeds)--Trader Joe's tahini is decent
4 cloves garlic
1 ½ lemons, juiced
2 tsp salt
¼ cup water
2 tbsp olive oil

After cooking the chickpeas in water until they're soft (could take a few hours on the stove or slow cooker, or faster in an instant pot), drain the chickpeas. Option to peel skins off of each pea, but that is time consuming. I find that the Cuisinart Food Processor does a pretty great job blending up the skins on the chickpeas and making a smooth and creamy end product. Add all ingredients to the food processor and pulse then process for several minutes, stopping to scrape down the sides as needed. If too thick, you can add extra water or oil. Add extra of any ingredient as desired and needed.

