

Authentic Hummus Recipe

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Yield: 3-4 cups of hummus

Servings: 8-12

Serving Size: 2 oz

4 cups of slow cooker chickpeas OR Two – 15 oz cans of low sodium chickpeas

2/3 cup tahini, stirred well

3 cloves of garlic

½ tsp cumin, ground

1/3 cup freshly squeezed lemon juice

¼ to ½ cup warm water (Vary depending on consistency)

¼ cup extra virgin olive oil, for drizzling over top

1 ¼ tsp of sea salt, adjust as needed

Sumac for garnish (paprika can be substituted)

Slow Cooker Chickpeas

1 ¼ cup dried Chickpeas (that have been previously soaked in water for 8 hours)

4 cups of water

¼ tsp baking soda

1. Place dried chickpeas in slow cooker with water and baking soda. Cook on high for 4 hours or low for 8 hours. Chickpeas should be very soft. Then drain and allow to cool.
2. Put tahini, lemon juice, salt, and garlic in high powered mixer, process until smooth and creamy.
3. Add chick peas to mixer. Then drizzle ½ cup of water while chickpeas are mixing. Using canned chickpeas may require additional water. Process until smooth and creamy in texture, with no lumps.
4. Adjust seasoning as needed. Serve in serving dish with olive oil drizzled and paprika sprinkled on top.

Variations

Roasted Red Pepper Hummus: Omit the water, add 1 cup roasted red peppers that have been drained.

Cilantro and Jalapeno: Add 1 bunch of cilantro, ¼ cup of additional water, and ½ small jalapeno that has been seeded and de-veined. Increase the jalapeno if you love the heat!

Seasonings that compliment hummus: Cumin, Coriander, Smoked Paprika, Bragg Liquid Amino Acids instead of salt, Sumac, Fresh Parsley

Other uses: replace the mayo on your sandwich, use in place of salad dressing, put in a breakfast wrap, energizing snack when served with vegetables