



Walk Kansas



celebrating 10 years of healthy living

Hummus

4 cups Garbanzo beans, drained
1/2 cup tahini (sesame paste)
1/3 cup warm water
1/3 cup olive oil
juice of two-three lemons
4 or more garlic cloves
1 and 1/2 teaspoons salt
2 teaspoons ground cumin
freshly ground pepper to taste
1/2 jar of roasted red pepper

Combine first five ingredients in food processor. Process until smooth. Add the rest of the ingredients, adjusting seasonings to taste. Refrigerate. Makes one quart. Great with veggies and/or pita chips.



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