

# Hummus (with tahini)



Prep time:  
**5 min**



Cook time:  
**N/A**



Yield:  
**12 Servings**

Serving  
Size:  
**2  
Tablespoons**

## Ingredients

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 tablespoons lemon juice (fresh or bottled)
- 1 ½ tablespoons vegetable oil
- 2 tablespoons water
- 1 clove garlic or 1/4 teaspoon garlic powder
- 1 tablespoon tahini (sesame seed paste)

## Directions

1. Place all ingredients in a blender
2. Blend until desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water.
4. Refrigerate leftovers within 2 hours. OR
5. Spread garbanzo beans on a large plate. Mash well with a fork until they are as smooth as you like.

6. Mix with other ingredients in a small bowl.
7. If hummus seems too thick, add 2 teaspoons of water.
8. Refrigerate leftovers within 2 hours.

## Notes

- Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.
- No tahini? Try Hummus (no tahini) recipe.
- Freeze extra lemon juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.