

Sides/Hummus

A: 1 1/2C chickpeas (dry)
B: 3 red pepper, halved
C: 1/2C tahini (or almond butter)
1 onion, roughly chopped
5c garlic
3T olive oil
1t cumin, ground
2t salt

1. Place (A) in pressure cooker, cover with water, and cook 20# for 55 min.
 2. Roast (B) on baking sheet, at 260F for 60 min, or grill over low heat.
 3. Combine (A), (B), and (C) in food processor batches and process until smooth, adding water as needed to thin.
- Servings: 6

\$Id: hummus,v 1.4 2017/08/14 12:38:37 deaven Exp \$



From the kitchen of David and Jennifer Deaven