

Hummus

24 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 2 (15 ounce) cans of garbanzo beans, drained and rinsed
- ¼ cup tahini
- Juice of 2 lemons
- 2-4 Tablespoons water
- 2 cloves garlic, smashed
- ¼ cup extra virgin olive oil
- 1 teaspoon salt

DIRECTIONS

1. Combine the garbanzo beans, tahini, lemon juice, water, and garlic in a food processor or blender. Process until smooth. You may need to add additional water to reach desired consistency.
2. With the motor running, add the oil in a steady stream until incorporated with the puree.
3. Season with salt and stir well to combine.

Nutrition Facts

24 servings per container	
Serving size	2 Tablespoons
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 70mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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