

# Beetroot Hummus

10 Servings • 1 Serving = 2 Tablespoons



## INGREDIENTS

- 1 pound beets
- 1 (16 ounce) can of chickpeas, no salt added, rinsed and drained
- 1 large onion, chopped
- ½ cup tahini
- 3 cloves garlic, crushed
- ¼ cup lemon juice
- 1 Tablespoon ground cumin
- ¼ cup olive oil, divided

## DIRECTIONS

1. In a large saucepan, cover beets with water and bring to a boil over medium heat. Cook until tender, drain, and allow beets to cool before removing the skins and chopping.
2. Puree beets in a food processor, add in the chickpeas, onion, tahini, garlic, lemon juice, and cumin. Process until smooth. Slowly, while the machine is running, pour in 2 Tablespoons of olive oil. Continue to process until mixture is thoroughly combined. If too thick, add in 1 teaspoon of water at a time, until it reaches the desired consistency.
3. Drizzle with remaining olive oil.

## Nutrition Facts

10 servings per container  
Serving size 2 Tablespoons

Amount per serving

**Calories 190**

% Daily Value\*

Total Fat 13g 17%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 2mg 10%

Potassium 287mg 6%

\*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.

Recipe developed by the San Antonio Food Bank



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