

Red Pepper Hummus

INGREDIENTS

- Soak 1 3/4 cups garbanzo beans overnight. Simmer in 6 cups of water for approximately 1 hour or until tender and drain. OR 1 (16 ounce) can garbanzo beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 cup chopped drained roasted red peppers from jar OR roast your own – see below
- 2 tablespoon tahini
- 1 fresh lemon, juiced or 1 TBSP lemon juice
- 1 1/2 tablespoons water
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large garlic cloves, chopped (or 1/4 teaspoon garlic powder)
- teaspoon cumin
- 1 teaspoon coriander (optional)
- 1/4-1/2 teaspoon cayenne (optional)

DIRECTIONS

In a food processor or blender, mix the garbanzo beans, olive oil, red bell pepper, tahini, lime juice, water, salt, black pepper, and garlic powder. Blend until smooth. Serve with fresh veggies (see photo for examples).

NOTES:

For a creamier texture, pour the garbanzo beans into a large bowl of water, and rub them between your fingers. This peels them of their rough outer skin. Skim the floating skins from the water, and drain the peeled beans, proceed with recipe.

Roasting Red Peppers

Preheat oven to 400 degrees.

Rinse 1 large pepper and place on a well oiled baking sheet. Place in oven and cook until skin of peppers is charred and bubbly, approximately 35 minutes. Remove from oven and place in a bag or covered bowl for 10 minutes. Peel off skin and remove seeds.