



Red Pepper Hummus

INGREDIENTS

- 1 can garbanzo beans, **drained and rinsed**
- 1 Tablespoon olive oil
- 1/2 cup chopped, drained roasted red peppers from jar
- 2 Tablespoons tahini
- 1 fresh lemon, juiced
- 1/2 Tablespoon water
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 large garlic cloves, chopped
- 1 teaspoon cumin
- 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.

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.

Recipe courtesy of Robin Shih, Junior League of Eau Claire member