





MAKES: ABOUT 3 CUPS
EST. COST: \$6.50

ESSENTIAL HUMMUS

ACTIVE: 10 MIN
TOTAL TIME: 10 MIN

INGREDIENTS		DIRECTIONS	
Two 15 oz	cans of chickpeas	01.	Drain and rinse the chickpeas (aka garbanzo beans).
1/2 cup	olive oil		
5 cloves	garlic – smashed	02.	Add the olive oil, smashed garlic, ground cumin, and red pepper flakes to a small pan. Heat on medium until the oil starts to sizzle, then reduce to medium low. Stir every once in awhile until the garlic becomes golden brown. Add to your blender (or food processor) along with the chickpeas, tahini, lemon juice, and salt. Blend until extra smooth and creamy, adding a bit of water if needed to help get things moving.
1 1/2 tsp	ground cumin		
1/4 tsp	red pepper flakes		
1/2 cup	tahini		
1/2 cup	lemon juice		
1/2 tsp	salt		
	parsley – chopped	03.	Transfer to a bowl, using a spoon to make a swoosh in the center. Drizzle with more olive oil (the good stuff), sprinkle with parsley, then get in there with some pita chips stat.
EQUIPMENT			
			
Knife	Cutting Board	Nonstick Pan	
			
Blender			