

How To Make Hummus by Food Storage Moms

2 cups or more cooked beans, drained-the more you add the thicker the hummus becomes

2 cloves garlic, minced or just throw in food processor whole (peeled)

6 tablespoons fresh lemon juice or lime juice

6 tablespoons tahini (sesame seeds in oil - You can find this at your local grocery store) *Please do not scrimp on the Tahini/Tahina.*

1 teaspoon kosher salt

¼ teaspoon black pepper

1 teaspoon cumin

¼ teaspoon ground red pepper

½ cup -3/4 cup water (amount of water determines texture - thick or thin)

6 tablespoons extra-virgin olive oil

2 tablespoons minced fresh parsley or cilantro (my favorite)

Place all of the above ingredients in a food processor with *only ½ cup of the water*. Blend until just combined. Add additional water until you reach the consistency you like. If too runny...add more beans. If too thick....add a little water.

Please note I used a blender, but you can use a hand potato masher, a mixer, a Ninja, Magic Bullet, food processor, etc. I can't believe I had been *buying* hummus for years. Once you see how easy it is to make you will make it all the time for your family! Oh just another note, I had to talk my husband into trying it. I think the name scared him! LOL! Yep, he LOVES it now!

I am taking some over to a few neighbors to try. Place in an airtight container and store in the refrigerator. Serve with pita chips or other chips of your choice. Drizzle with olive oil and sprinkle with fresh parsley or cilantro. I love anything that looks like a dip, just giving you the heads up here!

Ideas to add to your homemade hummus:

1. pine nuts
2. cooked red bell peppers
3. sun-dried tomatoes
4. jalapenos
5. avocado
6. Tabasco sauce
7. basil
8. hot bacon, crumbled
9. chipotle with limes
10. artichokes
11. smoked paprika
12. spinach
13. dried red pepper flakes (gives a little kick)