

Hummus

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Makes 3.5 cups

2 15-oz cans chickpeas* (drained and rinsed - liquid reserved)
2 tablespoons tahini
1 clove garlic, minced
4 tablespoons fresh lemon juice (about 2 lemons)
1 tablespoon olive oil
[Unrefined salt](#), to taste (about ½ - 1 teaspoon if your chickpeas are unsalted)

Directions:

Combine all ingredients in a food processor. Process until well-combined, adding reserved liquid until desired consistency is reached. Sometimes I forget to reserve the liquid and use a little water instead.

*NOTES:

BRAND RECOMMENDATION: [Eden brand](#) canned beans are cooked with a little seaweed to reduce gas. Their can-lining is BPA free.

TO COOK FROM DRIED: 1 cup of dried chickpeas yields about 2 cans worth. Soak them in fresh water 8 hours or overnight (cover well because they will double in size). Drain and rinse, then put the beans in a pot and cover with water about 2 inches over. To reduce gassiness, add a strip of [kombu](#) (found in many grocery stores) or a pinch of baking soda. Simmer about 45 minutes to an hour, til beans are very soft. Discard kombu and drain, reserving the cooking liquid. Rinse and use in the recipe.

The lemon in the recipe balances out the bitterness in the tahini. If you omit tahini, reduce the lemon juice.