

Marie Saba

from my kitchen to yours

Homemade Hummus

Ingredients:

- 1 cup dried garbanzo beans (approx. 20 ounces cooked)
- 3 Tablespoons lemon juice
- 2/3 cup high-quality tahini
- 1-3 cloves garlic, peeled
- 1 – 1 ½ teaspoon salt
- ½ cup water (or liquid from cooking beans)
- ¼ cup extra virgin olive oil, plus extra for drizzling on top

Instructions:

- 1** Cook the beans in an instant pot (35 minutes on high pressure) or slow cooker (4 hours on high).
- 2** Using a slotted spoon, scoop out the beans from cooking liquid and place in jar of a blender. (Reserve ½ cup cooking liquid to use later.)
- 3** To the blender, add lemon juice, tahini, garlic, salt, ½ cup cooking liquid (or water). Blend on high until very smooth. Drizzle in ¼ cup olive oil while blender is running. Taste, adjust salt and serve! Drizzle olive oil on top if desired.

