

Basic Hummus Recipe

By Christine Galloway



Difficulty: Easy | **Total Time:** 10 mins | **Active Time:** 10 mins | **Makes:** About 1 1/2 cups

Hummus is a snap to make when you start with canned garbanzo beans. Add spices such as ground cumin or paprika to jazz it up, and serve with raw or roasted vegetables, pita, or chips. Or use it as a sandwich spread.

What to buy: Make sure to buy roasted, not raw, tahini. If you're not sure which is which, check the label for roasted sesame seeds.

Game plan: The hummus can be refrigerated in an airtight container for up to 1 week.

To see this recipe with illustrated steps, check out The Basics: How to Make Hummus.

INGREDIENTS

1 (15-ounce) can chickpeas, also known as garbanzo beans, drained and rinsed

1 medium garlic clove, peeled and smashed

Juice of 1 medium lemon

1/4 cup roasted tahini

1/4 cup water, plus more as needed

1 tablespoon extra-virgin olive oil, plus more to serve

Salt

INSTRUCTIONS

Place beans, garlic, half of the lemon juice, tahini, water, olive oil, and a big pinch of salt in a food processor fitted with a blade attachment and process until smooth. If the hummus is too thick, pulse in more water, a tablespoon at a time, until the desired consistency is reached. Taste, adding more salt and lemon juice as needed. To serve, place in a bowl and drizzle with olive oil.

SOURCE: <http://www.chow.com/recipes/28598-basic-hummus>

Copyright ©2012 CBS Interactive. All Rights Reserved