



## Hummus

You can make this with canned garbanzo beans, but I do recommend trying dried beans. It takes a little longer, but it's noticeably better, and quite a bit cheaper.

### Ingredients

- 1 cup dried garbanzo beans (chickpeas if you're from the south)
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{3}$  cup tahini paste (ground sesame paste, about half a jar)
- Juice of 1 large lemon (or 2 small lemons)
- 1  $\frac{1}{2}$  tsp kosher salt
- 1 small head of garlic, minced

**Soak beans:** Soak beans overnight. If you don't have that kind of time, place beans in a stock pot with at least  $\frac{1}{2}$  gallon of water. Bring to a boil, then remove from heat and let sit for 1 hour.

**Cook beans:** Drain beans, place in stock pot with at least  $\frac{1}{2}$  gallon of water. Bring to boil, then reduce to simmer for 1 hours. You'll know the beans are ready if break apart easily when you squish between your fingers or two spoons. Drain the beans.

**Combine:** In a mixer or food processor, combine cooked beans, olive oil, tahini, lemon juice, salt, and garlic.

**Blend:** Pulse until you have a smooth paste. If it's too thick, add  $\frac{1}{4}$  cup of water.

**Serve:** Serve as a topping for shawarma. Or serve with pita bread or vegetable sticks. This will make about 3 cups of hummus.