

Kim Medlock's Favorite Hummus

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- 1 cook garbanzo beans until soft (3 cups cooked)
- 2 Tbsp. tahini (sesame butter)
- 1/8 cup lemon juice
- 3 scallions, chopped
- 1 Tbsp. chopped garlic (about 3 cloves)
- 1 tsp. cumin
- ½ tsp. black pepper
- ½ cup roasted red peppers
- cilantro

Drain garbanzo beans and place all ingredients in food processor and process until smooth. Bean liquid can be added as needed for a smoother consistency. Makes 2 cups. Spread on whole-wheat pita bread, serve as a dip for vegetables, or use as a sandwich spread.