

Homemade Hummus

½ lb (1 c) dried chickpeas/garbanzo beans, ¼ c olive oil (optional)
soaked overnight; or two 15 oz. cans ½ tsp garlic powder
2-3 c water, as needed 1 tsp of ground cumin (optional)
½ tsp baking soda ½ – 1 tbsp salt & pepper, to taste
½ c tahini (or peanut butter)
¼ c lemon juice concentrate (or ½ c fresh squeezed, about 2 medium lemons)

In a medium saucepan, combine soaked chickpeas, water, baking soda and a pinch of salt. Bring to boiling, reduce heat and simmer until tender (about an hour).

If using canned chickpeas, rinse lightly to separate them and thin the canning juice (reserving the liquid), add the beans and the liquid in a saucepan and gently reheat them.

Drain chickpeas, reserving liquid. Let stand until cool enough to handle (processing is easier when the beans are warm).

Process the warm chickpeas and other ingredients in a blender, food processor, or food mill. Add enough of the chickpea cooking liquid to get a texture similar to smooth peanut butter.