



HUMMUS

2 cans (4 cups) cooked or canned garbanzo beans, drained—or others-- navy, northern
½ cup tahini (sesame paste)
Juice of 2 lemons
6 cloves garlic
3-4 tablespoons soy sauce or tamari
2-4 tablespoons olive oil
1/8 teaspoon cayenne pepper
Salt and freshly ground black pepper to taste

Place all ingredients in a food processor and blend until smooth and well mixed. Amounts may be varied to taste, so taste & add more of one ingredient or another. If too thick, add water & continue processing. Most hummus recipes call for garbanzos/chickpeas, but we think they're all good, so use whatever you have. Stores well in the fridge for a week or so. Makes 4 ½-5 cups. Serve with raw vegetables, pita bread wedges, or crackers. Drizzle a little olive oil and a sprinkling of cayenne on top if you like.

Recipe adapted from one served at the old Good Neighbor Co-op café. You can vary the consistency—for sandwich spread or dip—by adding more or less oil, soy sauce, or lemon juice.

Optional: add one or two roasted red peppers to the hummus at the end for Red Pepper Hummus.