

Homemade Hummus



Ingredients

- 1 can chickpeas
- ½ cup tahini
- 3 Tbsp. lemon juice
- 1 garlic clove (grated or mashed into a paste)
- ¾ teaspoon salt
- 10 cranks freshly ground black pepper (or ¼ tsp)
- ¼ teaspoon ground cumin
- 2 Tbsp. water.

Info

- **Prep:** 5
- **Cook:** 5
- **Serves:** 2 cups
- [Recipe Source](#)
- [Variations Source](#)
- *See Also:* [Hummus with Hen of The Woods](#)

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Rate

Directions



Process chickpeas, tahini, lemon juice, garlic, salt, pepper, cumin, and 2 Tbsp. water in a food processor until smooth, about 1 minute (or you can use a blender).



With the motor running, stream in 3 Tbsp. oil, then continue to process until hummus is very light and creamy, about 1 minute longer. Taste and season with salt, if needed.



Transfer hummus to a shallow bowl, top with za'atar, and drizzle with more oil.

[chickpeas](#), [tahini](#), [lemon](#), [garlic](#), [dip](#), [food processor](#)

Variations



Herby Avocado

- ½ large ripe avocado
- 1 15½-ounce can chickpeas, rinsed, drained
- ⅓ cup tahini, well mixed
- ¼ cup plus 1 tablespoon fresh lime juice
- 1 garlic clove, finely grated or smashed to a paste with flat side of knife on cutting board
- ¾ teaspoon (or more) kosher salt
- 10 cranks freshly ground black pepper
- ¼ teaspoon ground cumin
- 1 cup cilantro leaves with tender stems
- 2 tablespoons olive oil, plus more for drizzling
- Toasted pumpkin seeds (pepitas; for serving)

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[beet](#), [ricotta](#), [avocado](#), [lime](#), [pumpkin seeds](#), [cilantro](#), [poppy seeds](#)

Curried Sweet Potato

- 1 small sweet potato, baked
- 1 15½-ounce can chickpeas, rinsed,

Beet Ricotta

- 1 baseball-sized red beet (about 6oz) roasted
- 1 15½-ounce can chickpeas, rinsed, drained
- ⅓ cup tahini, well mixed
- ¼ cup fresh lemon juice
- ¼ cup ricotta
- 1 garlic clove, finely grated or smashed to a paste with flat side of knife on cutting board
- 1 teaspoon (or more) kosher salt
- 10 cranks freshly ground black pepper
- ¼ teaspoon ground coriander
- Mint leaves, poppy seeds, and olive oil (for serving)

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Spicy Carrot

- 2 medium carrots, roasted
- 1 15½-ounce can chickpeas, rinsed,

drained

- ½ cup tahini, well mixed
- ¼ cup fresh lime juice
- 1 garlic clove, finely grated or smashed to a paste with flat side of knife on cutting board
- 1 teaspoon curry powder
- 1 teaspoon (or more) kosher salt
- 10 cranks freshly ground black pepper
- ⅛ teaspoon cayenne pepper
- 2 tablespoons melted virgin coconut oil
- Crushed roasted, salted cashews, crushed red pepper flakes, and olive oil (for serving)

drained

- ½ cup tahini, well mixed
- ¼ cup fresh lemon juice
- 1 garlic clove, finely grated or smashed to a paste with flat side of knife on cutting board
- 1 tablespoon (or more) harissa, Sriracha, or gochujang
- ¾ teaspoon (or more) kosher salt
- ¼ teaspoon ground cumin
- 2 tablespoons olive oil, plus more for drizzling
- Toasted sunflower seeds and chopped parsley (for serving)

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[sweet potato](#), [curry powder](#), [cashews](#), [carrot](#), [sriracha](#), [gochujang](#), [sunflower seeds](#), [dip](#)

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