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## easy hummus recipe: how to make hummus



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Author: [Suzy Karadsheh](#) Prep Time: 5 mins Cook Time: 15 mins

Total Time: 20 minutes Yield: serves up to 8 people



### DESCRIPTION

How to make hummus the traditional way. No fuss. No extra flavors added. Just a plain, classic homemade hummus recipe. And a couple of tricks will ensure you achieve the best hummus ever-thick, smooth, rich, and ultra creamy. Be sure to see the video tutorial as well.

### INGREDIENTS

SCALE   

- 3 cups cooked chickpeas, peeled (from 1 to 1 1/4 cup dry chickpeas or from quality canned chickpeas. See recipe notes for more instructions on cooking and peeling chickpeas)
- 1 to 2 garlic cloves, minced
- 3 to 4 ice cubes
- 1/3 cup (79 grams) [tahini paste](#)
- 1/2 tsp kosher salt
- Juice of 1 lemon
- Hot water (if needed)
- [Early Harvest](#) Greek extra virgin olive oil
- [Sumac](#)

### INSTRUCTIONS


1. Add chickpeas and minced garlic to the bowl of a food processor. Puree until a smooth, powder-like mixture forms.
2. While processor is running, add ice cubes, tahini, salt, and lemon juice. Blend for about 4 minutes or so. Check, and if the consistency is too thick still, run processor and slowly add a little hot water. Blend until you reach desired silky smooth consistency.
3. Spread in a serving bowl and add a generous drizzle of [Early Harvest EVOO](#). Add a few chickpeas to the middle, if you like. Sprinkle [sumac](#) on top. Enjoy with warm pita wedges and your favorite veggies.

### NOTES

1. If starting with dry chickpeas, allow extra time for soaking (overnight) and cooking (2 hours).
2. **To cook dry chickpeas:** soak chickpeas in plenty of water overnight (water needs to be at least doubled the volume of chickpeas). When ready, drain chickpeas and place them in a medium-sized heavy cooking pot. Cover with water by about 2 inches. Bring to a boil, then reduce heat and simmer for 1 1/2 to 2 hours.
3. **If using canned chickpeas,** make sure they are drained and rinsed. It helps if you also give them a quick 20 minute simmer in a bit of water so they soften well (dry them before use).

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