

Hummus Recipe

Prep Time: 20 minutes **Resting Time:** 10 minutes
Total Time: 30 minutes

Homemade Hummus is way better than store-bought. It's creamy and has the perfect balance of garlic, lemon juice, and tahini. Serve as a dip paired with warm Pita Bread or crunchy veggies.

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Skill Level: Easy

Cost to Make: \$8-\$12

Servings: 8 people



Ingredients

- 5-6 Tbsp **lemon juice**, or to taste (from 2 lemons)
- 2 large garlic cloves, minced or grated
- 1 1/2 tsp **fine sea salt**, or to taste
- 3 cups **cooked chickpeas**, or two 15 oz cans, reserve 2 Tbsp for garnish
- 6-8 Tbsp ice water, or to desired consistency
- 2/3 cup **tahini**
- 1/2 tsp ground cumin
- 1/4 cup **extra virgin olive oil**, plus more to drizzle
- 1 Tbsp parsley, finely chopped, to serve
- ground paprika, to serve

Instructions

1. In a **food processor**, combine 5 Tbsp lemon juice, 1 1/2 tsp salt, and grated garlic. Blend to combine and let the mixture rest for 10 minutes.
2. Add tahini and blend until thick and smooth, scraping down the bowl as needed.
3. With the blender running, add 6-8 Tbsp ice water 1 Tablespoon at a time and blend until smooth, scraping the sides of the bowl as needed.
4. Add cooked and drained chickpeas, cumin, and 1/4 cup olive oil. Blend until creamy and completely smooth (about 5 minutes), scraping down the bowl as needed. Add more ice water to reach desired consistency.
5. Season to taste with more salt, cumin, and lemon juice if needed.
6. To serve, transfer to a serving bowl, sprinkle the top with reserved whole chickpeas if desired, drizzle with extra virgin olive oil, finely chopped parsley, and dust with ground paprika to taste.

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