

Idiot's Kitchen Recipe – Roasted Red Pepper Hummus

Recipe from www.idiotskitchen.com



Ingredients:

- 1 (15 ounce) can of Garbanzo Beans (sometimes called Chick Peas)
- 1 cup Roasted Red Bell Peppers – chopped
- 1 clove Garlic – chopped
- 10-12 Basil leaves
- 1 Lemon
- 1 teaspoon Salt
- ½ teaspoon Pepper
- ¼ cup Olive Oil

Drain the Garbanzo Beans and add them to the bowl of a food processor or sturdy blender. (If you're using a blender, add ¼ cup olive oil first to the bottom of the blender to help everything grind up smoothly.) Add 1 cup roughly chopped Roasted Red Bell Peppers. Add 1 clove of garlic, a handful of basil leaves, the juice of 1 lemon and salt and pepper. Process until all of the ingredients are coarsely chopped and mixed. Slowly add olive oil a little at a time (you can stream it in while the food processor runs) until the mixture is smoothly combined. Taste and adjust the salt and pepper to your liking.

Serve with veggies, pita wedges, crackers or other dip-able items.