

Idiot's Kitchen Recipe – Spicy Southwestern Hummus

Recipe from www.idiotskitchen.com



Ingredients:

2 cups (or 14 ounce can) black beans
2 cups (or 14 ounce can) garbanzo beans
1-2 cloves garlic, chopped
½ cup tahini (sesame paste)
½ cup water (plus more if needed)
½ cup (or more) fresh cilantro
2 limes, juiced
1 teaspoon (or more) chipotle chili powder
1 teaspoon cumin
1 Tablespoon olive oil
Salt & Pepper

Add 2 cups of black beans and 2 cups of garbanzo beans to the bowl of a food processor or strong blender. If you are using canned beans, drain and rinse them prior to adding to the hummus. Add 1-2 cloves of chopped garlic, ½ cup tahini, and ½ cup water. Add at least ½ cup fresh cilantro leaves and the juice of 2 limes. Grind in the food processor until you have a thick paste. You may need to add more water to get a smoother, spreadable, hummus consistency.

Season to taste with 1 teaspoon chipotle chili powder, 1 teaspoon cumin, salt & pepper. If you like things spicy feel free to add more seasoning (I do) or even a jalapeno pepper.

Whirl the ingredients together in the food processor to combine all of the spices. Drizzle in 1 Tablespoon of olive oil to give the hummus a silky texture.

Serve with veggies, cracker, pita chips, or tortillas.

Makes a pretty big batch, but keeps for at least a week in the refrigerator.

© Idiot's Kitchen 2012