

Handy-Dandy Shopping List – Roasted Red Pepper Hummus

Recipe from www.idiotskitchen.com



1 (15 ounce) can of Garbanzo Beans (sometimes called Chick Peas) – found in the regular canned bean section of the store

1 cup Roasted Red Bell Peppers - usually found near the pickles and olives

1 clove Garlic – chopped

10-12 Basil leaves

1 Lemon

Salt

Pepper

¼ cup Olive Oil

Serve with veggies, pita wedges, crackers or other dip-able items (not shown).