

Idiot's Kitchen Shopping List – Spicy Southwestern Hummus

Recipe from www.idiotskitchen.com



2 cups (or 14 ounce can) black beans
2 cups (or 14 ounce can) garbanzo beans

½ cup tahini (sesame paste) look for tahini in the green/organic section or near the peanut butter
1 Tablespoon olive oil

1-2 cloves garlic, chopped
½ cup (or more) fresh cilantro
2 limes, juiced

½ cup water (not pictured)

1 teaspoon (or more) chipotle chili powder
1 teaspoon cumin
Salt & Pepper

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