

Anticipating Our Fall Harvest Recipe
July 27, 2010



Black Bean Hummus

Black Beans – 6 lbs. 14 oz. Can
Water – 10 Tbsp.
Garlic, minced – 3 tsp.
Lemon Juice – 6 ½ Tbsp.
Tahini – 3 ½ Tbsp
Cumin – 1 Tbsp.
Salt – 2 tsp.
Cayenne Pepper – 1 tsp.
Paprika – 1 tsp.

Combine beans, 10Tbsp. water, garlic, lemon juice, tahini, salt, and cayenne pepper in a food processor. Process until smooth, scraping sides as needed.

Add additional seasoning or liquid to taste until desired consistency. Garnish with paprika

Recipe supplied by Honeoye Central School

