

Hummus (Basic Chickpea Hummus)

Serves: 16; makes ~2 cups (480 milliliters) of hummus (16 servings of 2 tablespoons [30 milliliters] each)

INGREDIENTS

1½ cups (400 grams) cooked chickpeas (garbanzo beans)

½ teaspoon (2.5 milliliters) baking soda (to soften chickpeas)

½ cup (120 milliliters) tahini

2 tablespoons (30 milliliters) freshly squeezed lemon juice, or more to taste

2 small cloves garlic, roughly chopped

2 to 4 tablespoons (30 to 60 milliliters) cold water

3 tablespoons (45 milliliters) olive or canola oil, optional

½ teaspoon (2.5 milliliters) ground cumin

½ to 1 teaspoon (2.5 to 5 milliliters) salt, or to taste, optional

Ground sumac, optional (for garnish)



This is the version of the “Make Any Hummus or Bean Dip” recipe shown in the “Hummus” video that accompanies this curriculum. It is a basic hummus. You can make additions or alterations to create any hummus or bean dip you can dream up with the “Make Any Hummus or Bean Dip” template that is modeled off this basic recipe.

INSTRUCTIONS

1. The creamiest, smoothest hummus is achieved by peeling the chickpeas before using. However, if you don't mind hummus that isn't perfectly smooth, you can skip this time-consuming step or try the following, quicker, approach to soften the chickpeas:
 - Add 1½ cups (400 grams) cooked and rinsed chickpeas to a pot covered by 1 inch of water along with ½ teaspoon (2.5 milliliters) baking soda, bring to a boil for about 20 minutes or until beans start to get mushy. Keep the beans covered with water; add more if it evaporates. Once done, drain, rinse, and drain again before mixing with other ingredients to remove the baking soda which would otherwise make the hummus bitter and salty. Note that you should not do this in a nontraditional pressure cooker (e.g., Instant Pot-type devices) since it can clog the vents and cause spill overs and other risks.
2. Add tahini, lemon juice, garlic, and 2 tablespoons (30 milliliters) cold water to a food processor and process until smooth and slightly whipped. You'll need to scrape the sides a few times and possibly add more water to get this whipped to a lighter and smoother texture.

3. Add rinsed and drained chickpeas, cumin, and ½ teaspoon (2.5 milliliters) salt. Process until the chickpeas are well-chopped. Then, with the food processor running, drizzle in the olive oil (if using; add more water if not using oil). Process until completely smooth.
4. Add more water if the dip is too thick. Adjust lemon, other seasonings, and salt to taste after thinning the hummus to the desired consistency.
5. Serve right away or refrigerate and serve later. Sprinkle with ground sumac to garnish, if desired. Keeps refrigerated for 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving, made oil-free): Calories 52, Total Fat 3.5 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 110 mg, Total Carbohydrate 3.9 g, Dietary Fiber 1.1 g, Sugars 0 g, Protein 2 g, Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 3%

Nutritional Info (per 2 tablespoon [30 milliliter] serving, made with oil): Calories 70, Total Fat 5.6 g, Saturated Fat 0.8 g, Cholesterol 0 mg, Sodium 110 mg, Total Carbohydrate 3.9 g, Dietary Fiber 1.1 g, Sugars 0 g, Protein 2 g, Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 3%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
