

Make Any Hummus or Bean Dip

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)* or other beans or legumes

½ cup (120 milliliters) tahini or other nut or seed butter**

2 tablespoons (30 milliliters) freshly squeezed lemon juice or other acidic ingredient (vinegar, other citrus juice, etc.), adjust to taste

2 small cloves garlic, roughly chopped

2 to 4 tablespoons (30 to 60 milliliters) cold liquid, or more to thin (for hummus, use water; for other bean dips substitute with other sauces, such as salsa, if you wish)

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

½ to 1 teaspoon (2.5 to 5 milliliters) seasonings, optional (can use cumin for hummus, but optional; if making other beans dips, it is helpful to include spice mixes or other seasonings that pair well with the other ingredients)

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



This recipe is an all-purpose template for nearly any type of hummus or bean dip you can imagine. To try a basic version and get the hang of the techniques involved, try the previous “Hummus” recipe and watch the related “Hummus” video that accompanies this curriculum for a demonstration.

INSTRUCTIONS

Preliminary Steps Using Chickpeas: If using chickpeas, 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.

Instructions for All Variations:

1. Add tahini (or nut/seed butter), lemon juice (or any of the listed alternatives), garlic, and 2 tablespoons (30 milliliters) cold water (or preferred alternative) 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 (or other liquid) to get this whipped to a lighter and smoother texture.
2. Add chickpeas or other beans, any seasoning(s) you wish, and ½ teaspoon (2.5 milliliters) salt. Process until the chickpeas/beans/legumes are well-chopped. Then, with the food processor running, drizzle in the olive oil (if using; more liquid if not). Process until completely smooth. Add more liquid if the dip is too thick. Adjust lemon, other seasonings, and salt to taste after thinning the hummus to the desired consistency.
3. Serve right away or refrigerate and serve later. Sprinkle with ground sumac to garnish, if desired. Keeps refrigerated for 7 days.

NOTES

- For making non-hummus beans dips, like a spicy black bean dip, you could substitute avocado, salsa, or a mixture of the two for the tahini or nut butter. You can also skip the previous (*) step as most beans don't have the same thick skin that chickpeas do.

Nutritional Info (per 2 tablespoon [30 milliliter] serving, made oil-free, using Basic Chickpea Hummus version): 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, using Basic Chickpea Hummus version): 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>.
