

“Anything Goes” Hummus

A favorite from the kitchen of Toni Truesdell

1 can garbanzo beans
1 can white beans
1/2 cup onions
1 Tbsp. lemon juice
1 clove garlic
2 Tbsp. water, as needed
1/4 cup Tahini or 1 Tbsp. olive oil
Salt & pepper to taste



Now for the “anything goes”! Red peppers can be added to add color and flavor. Pulse separately (but do not puree) green pepper, celery, water chestnuts, olives, etc. to add a crunch to your hummus. Taste as you go, and add more water, lemon juice, salt or other flavoring as desired.

Drain and rinse beans and put in food processor with the remaining ingredients. Pulse until creamy.

Be creative and use black beans, cumin, salsa, cilantro or whatever. Spread on sandwiches, tortillas or enjoy as a dip.

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