

Simple Hummus Recipe

Hummus is amazingly easy and fast to make. With a few simple tricks you can make a creamy smooth hummus at home that is even better than the store-bought version.

Ingredients

60ml (¼ cup) fresh lemon juice, about 1 large lemon
60ml (¼ cup) tahini
2 tablespoons olive oil, plus more for serving
½ clove garlic, minced
½ - 1 teaspoon salt, depending on taste
½ teaspoon cumin
1 can (about 425g) garbanzo beans, also called chickpeas
2-3 tablespoons water
paprika
Assorted cut vegetables for dipping.

Directions

1. In the bowl of a food processor, combine **tahini** and **lemon juice**. Blend for 1 minute. Scrape sides and bottom of bowl and blend again for another 30 seconds. This blending helps make the hummus smoother and creamier.
2. Add the **olive oil, minced garlic, cumin,** and **salt** to the bowl. Blend for 30 seconds, scrape sides and bottom of bowl, and blend for 30 more seconds.
3. Open the can of **garbanzo beans**, drain liquid and rinse well.
4. Add half the garbanzo beans to the food processor and blend for 1 minute. Scrape the sides and bottom of the bowl, add the remaining garbanzo beans and process for 1 to 2 minutes until thick and smooth.
5. If the hummus is too thick or has tiny bits of garbanzo beans, turn the food processor on and slowly add 2 to 3 tablespoons of water until the consistency is perfect.
6. Place hummus in a bowl and drizzle with about 1 tablespoon of olive oil. Serve with a sprinkle of paprika.
7. Store homemade hummus in an airtight container and refrigerate up to one week.

Notes

Using canned garbanzo beans is much quicker than using dried. Some people insist on cooking and soaking their own garbanzo beans (it's okay if you want to!) but by using canned ones, your hummus can be ready in less than 10 minutes.

Tahini is a paste made of ground sesame seeds. It is widely available in grocery and specialty stores.