

Hummus

1 can chick peas
1/2 cup tahini
1/4 cup olive oil
~3 cloves garlic
~4 tbsp lemon juice
salt and pepper
1tbsp seasoning - paprika, chili powder, whatever

step 1: drain the aquafaba from the chickpea can and keep it
step 2: steam the hell out of the chickpeas for like 20 minutes
step 3: put all ingredients in food processor
step 4: process, adding aquafaba until hummus is a little too "soupy"
step 5: pour into a container and refrigerate

Revision #3

Created 1 May 2025 02:39:19 by Jesse

Updated 11 December 2025 22:30:37 by Jesse