

# Tammy's Easy Homemade Hummus

A simple homemade hummus that's 100% from scratch! This hummus is thick, smooth and creamy, with toasted sesame and garlic flavors

Yield:

about 6 cups of hummus

Ingredients:

16 ounces dried garbanzo beans/chick peas OR 4 cans (15-ounce cans)

1/4 cup sesame seeds

2-4 cloves of garlic

1/4 cup olive oil

1 teaspoon salt or more, to taste

Instructions:

1. Cook garbanzo beans according to package instructions.\* When beans are very tender, remove from heat and drain.

2. Heat a heavy (like cast iron) or non-stick skillet over medium-high heat. Toss the sesame seeds into the heated pan and cook and stir for a couple minutes, until lightly browned. (Don't get them too dark, or they will taste burnt.) Remove from heat and allow to cool.

3. In a food processor (or blender), blend the toasted sesame seeds with the garlic and a tablespoon or so of the oil, until smooth. (This might take a couple minutes.) Add more of the oil and some of the cooked garbanzo beans and blend until smooth.

If you have a big food processor or a good blender, you may be able to blend everything at once (in that case, add the rest of the ingredients and blend until smooth!).

If you have a smaller food processor, blend the beans in 2 batches, saving some of the oil for the second batch, and stirring every minute or two as needed. Then, stir everything together in a bowl.

4. Add more salt if needed. Store hummus in an airtight container in the fridge. Serve with pita chips, unleavened bread, corn chips, or veggie sticks!



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This recipe was taken from Tammy's Recipes.