

Healthy Hummus - Basic Bean Spread

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This recipe for a basic bean spread is known commonly in other parts of the world as hummus. It is easy to make, delicious, and very nutritious. I use it on everything! Spread it on sandwiches instead of mayonnaise, use it on salads, and enjoy it as a dip for vegetables or healthy chips. I make this recipe with pinto beans exactly as shown below. For the Black Bean Spread, follow the recipe, but leave out the red chile powder. Add a roasted red bell pepper to white kidney beans to make another tasty, colorful spread. Be creative. There are so many options!

Ingredients

- **1 teaspoon blackened garlic, *** (approximately 2 large cloves), finely chopped
- **1 (15.5 ounce) can, low or no-sodium, black beans, pinto beans, white kidney beans, garbanzo, or other beans**, saving half of bean liquid
Or, **2 cups cooked beans** (try brown or white tepary beans), or other cooked beans
- **3 - 4 tablespoons freshly squeezed lemon juice**, or bottled if fresh not available
- **2 tablespoons sesame tahini** (optional)
- **1/2 teaspoon kosher or sea salt** (or to taste)
- **Black pepper to taste**
- **1 teaspoon red chile powder** (mild)

Directions

1. In a food processor, purée the garlic until it is a fine purée.
2. Add the beans to the food processor.
3. Place the lemon juice, tahini, salt, and freshly ground black pepper in the food processor.

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4. Blend until creamy and well mixed, making sure there are no lumps or unblended beans. Use a little of the reserved bean liquid to make the mixture creamy and smooth, until you reach the desired texture. Add more liquid for a smooth texture and less liquid for a thicker texture.
5. Transfer the mixture to a medium-sized serving bowl. Garnish with the red chile powder.

Serve with fresh No-Fry Frybread, corn or whole wheat tortillas, cut vegetables, or as a sandwich spread or dip.

Makes about 2 ½ cups.

NOTE:

If you do not have a food processor, chop garlic extra fine, use a potato masher or fork to mash your beans, and combine ingredients with a mixing spoon.

** Watch training video for how to blacken garlic.*