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The editors of Arab America want to share 10 delicious easy hummus recipes to our loyal subscribers. The Levantine food dip, hummus, is an [Arabic](#) word (*ḥummuṣ*) meaning "chickpeas," and the complete name of the prepared spread in Arabic is '*ḥummuṣ bi ṭaḥīna*', which means "chickpeas with tahini." Today, it is popular throughout the globe, but it first appeared in Middle Eastern and North African cuisine.

The earliest known recipes for a dish similar to *hummus bi tahina* are recorded in cookbooks published in [Cairo](#) in the 13th century. A cold purée of chickpeas with vinegar and pickled lemons with herbs, spices, and oil, but no tahini or garlic, appears in the *Kitāb al-Wuṣla ilā l-habīb fī waṣf al-tayyibāt wa-l-tīb*;<sup>1</sup> and a purée of chickpeas and tahini called *hummus kasa* appears in the *Kitāb Waṣf al-Atima al-Mutada*: it is based on puréed chickpeas and tahini, and acidulated with vinegar (though not lemon), but it also contains many spices, herbs, and nuts, and no garlic.

This eBook is ideal for anyone looking for assorted hummus recipes that can be easily created. In the eBook there are 10 distinct, flavorful hummus recipes, infused with key assorted herbs and spices that are used throughout all the recipes. The measurements mentioned here are sufficient for a family of four. Please adjust the portions, spices and seasoning as per your needs and taste. Have fun while preparing these recipes because there are no strict rules!

We want to thank you again for downloading this eBook and hope you enjoy and share the recipes.

Arab America

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1. <sup>1</sup> Lilia Zaouali, *Medieval Cuisine of the Islamic World*, University of California Press, 2007, [ISBN 978-0-520-26174-7](#), translation of *L'Islam a tavola* (2004), p. 65

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# 10 Best Hummus Recipes



## Hummus 101

First, let us mention that this *simple hummus recipe uses tahini*. In the hummus-loving world, there are two camps. Some love the zest and deep flavor of tahini added, others could really go without it. We like it both ways, but **for smooth hummus rivaling our favorite brands in the store, we use this recipe.**

In the past, if we were in the grocery store you could almost bet that one of us would throw a tub of smooth hummus into our cart. That was until we figured out this simple hummus recipe that we honestly believe is better than anything we could have found at the store.

### So, what's the secret?

It's simple really. It's the order in which you add ingredients to your food processor. Seriously, it's *that* easy. Tahini and lemon juice go in first. Then, before you add anything else, turn on the food processor and let it run for a minute or so.

After a minute of being whirled, whipped and creamed in the food processor it turns into the paste you see on the right. **It's lighter in color and much thicker.**



From here, you can add ingredients as you will, but make sure you stand back and let that food processor run — we're talking a minute of running after adding each ingredient. *That's how you make a hummus recipe that's better than store-bought.*

### To Skin or Not to Skin The Chickpeas?

*Another trick for extra smooth hummus is to remove the skins of each [chickpea](#). We've done it. For one can of chickpeas, you're looking at about ten minutes. We really didn't want to add that to our hummus recipe, but just to make sure, we tried it both ways — skinless chickpeas and chickpeas right out of the can.*

**In the photo below, the spoon of hummus on the left used skinless chickpeas. The right came from chickpeas straight out the can.** You can see, even from this photo that the skinless chickpeas made for a slightly smoother hummus, but in our opinion it really wasn't enough of a difference to warrant ten minutes of skinning chickpeas.



## Simple Hummus Recipe

Total time: 10 minutes

**Why we love this recipe.** When we first figured out how to make our own hummus, we were shocked at how easy (and fast) it is. With just a few simple tricks, you really can make creamy smooth hummus at home and yes, we really do think it's better than store-bought.

**What you need to know.** Two things here. First, we use canned chickpeas, which is much, much quicker than using dried. Some swear by soaking and cooking their own dried chickpeas, but we're just not that organized and love that canned chickpeas means we can enjoy our hummus in 10 minutes. Second, our recipe calls for tahini, a creamy paste made from sesame seeds. You can usually find tahini in larger grocery stores or specialty markets.

**Equipment you'll need.** A mesh strainer or colander, food processor, silicone spatula, measuring cups and spoons.

## INGREDIENTS

**Serving size is 5 people**

- One 15-ounce can (425 grams) chickpeas, also called garbanzo
- beans
- 1/4 cup (59 ml) fresh lemon juice, about 1 large lemon
- 1/4 cup (59 ml) tahini (we used Krinos)
- Half of a large garlic clove, minced
- 2 tablespoons olive oil, plus more for serving
- 1/2 to 1 teaspoon kosher salt, depending on taste
- 1/2 teaspoon ground cumin
- 2 to 3 tablespoons water
- Dash of ground paprika

## Preparing the Hummus

In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. This extra time helps “whip” or “cream” the tahini, making smooth and creamy hummus possible.



Add the olive oil, minced garlic, cumin and the salt to the whipped tahini and lemon juice mixture. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.



## Adding the Chickpeas

Open can of chickpeas, drain liquid then rinse well with water. Add half of the chickpeas to the food processor then process for 1 minute. Scrape sides and bottom of bowl, add remaining chickpeas and process for 1 to 2 minutes or until thick and quite smooth.



### Creating the Perfect Consistency

Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until the consistency is perfect.



### To Serve

Scrape the hummus into a bowl then drizzle about 1 tablespoon of olive oil over the top and sprinkle with paprika.

# Easy Hummus

## INGREDIENTS

1/4 (15 ounce) can garbanzo beans, drained, liquid reserved  
1/8 teaspoon ground cumin  
1-3/4 teaspoons lemon juice  
1/2 ounce fresh jalapeno pepper, sliced  
1 clove garlic, minced

## DIRECTIONS

In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.





# Spicy Three-Pepper Hummus

## INGREDIENTS

- ✓ 3/8 (16 ounce) can garbanzo beans,
- ✓ drained
- ✓ 1-1/4 teaspoons olive oil
- ✓ 1-1/4 teaspoons lemon juice
- ✓ 1-1/4 teaspoons tahini
- ✓ 1-3/4 cloves garlic, minced
- ✓ 3/8 slice jarred jalapeno pepper,  
chopped
- ✓ 1/4 teaspoon liquid from the jar of jalapeno  
peppers
- ✓ 1/8 teaspoon ground black pepper
- ✓ 1/4 teaspoon cayenne pepper
- ✓ 1/8 teaspoon ground cumin
- ✓ 1/8 teaspoon dried oregano

## DIRECTIONS

1. In the bowl of a stand mixer, combine the garbanzo beans, olive oil, lemon juice, tahini, garlic, jalapeno, and juice from the jalapeno jar. Season with black pepper, cayenne, cumin and oregano.
2. Mix using the whisk attachment on low speed until the ingredients start to blend, then turn the speed to medium, and blend to your desired consistency. Cover and refrigerate overnight to allow the flavors to blend. Make sure your container is sealed well, or your fridge will smell like garlic!



## Zucchini Hummus



### INGREDIENTS

- |   |                             |
|---|-----------------------------|
| 1 teaspoon olive oil  | 1-3/4 teaspoons lemon juice |
| 1/4 clove garlic, minced                                    | 1-3/4 teaspoons tahini      |
| 1/4 zucchini, chopped                                       | 1/4 teaspoon ground cumin   |
| 1/4 cup and 1 tablespoon pinto beans,<br>rinsed and drained | 1/8 teaspoon paprika        |
|   | 1/8 teaspoon salt           |

### DIRECTIONS

1. Heat the olive oil in a skillet over medium heat. Stir in the garlic for 30 second, then add zucchini. Cook and stir until zucchini softens.
2. Place zucchini, pinto beans, lemon juice, tahini, ground cumin, paprika, and salt in a food processor. Process until smooth.

## Smoky Chipotle Hummus



### INGREDIENTS

2 (15.5 ounce) cans garbanzo beans,  
drained

1/2 cup water

1/4 cup tahini (sesame-seed paste)

1/4 cup fresh lemon juice

2 tablespoons olive oil

1 canned chipotle pepper in adobo sauce

2 cloves garlic

1 1/2 teaspoons cumin

1 (7 ounce) jar roasted red bell peppers,  
drained

6 oil-packed sun-dried tomatoes, drained

1/2 cup chopped cilantro

1/2 teaspoon salt

ground black pepper to taste

### DIRECTIONS

Place the garbanzo beans, water, tahini, lemon juice, olive oil, chipotle pepper, garlic, and cumin in the bowl of a food processor; blend until smooth. Add the red peppers, sun-dried tomatoes, cilantro, salt, and pepper. Pulse the mixture until the ingredients are coarsely chopped into the hummus base. Transfer to a serving bowl, cover, and chill until ready to serve.

# Spiced Sweet Roasted Red Pepper Hummus



## INGREDIENTS

- |  |                                    |
|--|------------------------------------|
| 1 (15 ounce) can garbanzo beans, drained | 1 clove garlic, minced             |
| 1 (4 ounce) jar roasted red peppers      | 1/2 teaspoon ground cumin          |
| 3 tablespoons lemon juice                | 1/2 teaspoon cayenne pepper        |
| 1 1/2 tablespoons tahini                 | 1/4 teaspoon salt                  |
|  | 1 tablespoon chopped fresh parsley |

## DIRECTIONS

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley before serving.

# Pumpkin Hummus



**Prep Time:** 15 Minutes

**Cook Time:** 1 Hour 35 Minutes

## INGREDIENTS

1/4 cup and 3 tablespoons dry garbanzo beans	2 tablespoons tahini paste
1/4 (15 ounce) can pumpkin puree	3/4 clove garlic, minced
2 tablespoons and 1-1/2 teaspoons lemon juice	1/8 teaspoon ground cinnamon
1 tablespoon and 1 teaspoon extra-virgin olive oil	1/8 teaspoon ground nutmeg
	1/8 teaspoon ground allspice
	salt to taste

## DIRECTIONS

1. Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.
2. Place the soaked garbanzo beans into a large saucepan and cover with several inches of water. Bring to a boil over high heat, then reduce heat to medium-low,

cover, and simmer until the garbanzo beans are tender, 1 1/2 to 2 hours. Once cooked, refrigerate the beans and liquid until cold.

3. Drain the garbanzo beans, reserving the cooking liquid. Place the beans and 1/2 cup of the reserved cooking liquid into a blender, and puree until a smooth paste forms. Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Use additional cooking liquid as needed to achieve a smooth consistency. Season to taste with salt.

## Cilantro Edamame Hummus



### INGREDIENTS

5/8 (12 ounce) package frozen shelled edamame (green soybeans)	2 tablespoons and 1-1/2 teaspoons lemon juice
1-1/4 cloves garlic	1 tablespoon and 2-1/2 teaspoons extra-virgin olive oil
1/4 cup and 1 tablespoon tahini	1/2 teaspoon kosher salt
1/4 cup and 1 tablespoon water	1/2 teaspoon ground cumin
1/4 cup and 1 tablespoon packed cilantro leaves	1/8 teaspoon cayenne pepper

### DIRECTIONS

1. Place edamame into a large pot and cover with salted water. Place over medium-low heat, bring to a simmer, and cook until tender, about 5 minutes; drain.
2. Puree garlic in food processor until minced. Add edamame, tahini, water, cilantro, lemon juice, olive oil, kosher salt, cumin, and cayenne pepper; blend until smooth.

## Black Bean Hummus



### INGREDIENTS

1 clove garlic	3/4 teaspoon ground cumin
1 (15 ounce) can black beans; drain and reserve liquid	1/2 teaspoon salt
2 tablespoons lemon juice	1/4 teaspoon cayenne pepper
1 1/2 tablespoons tahini	1/4 teaspoon paprika
	10 Greek olives

### DIRECTIONS

Mince garlic in the bowl of a food processor. Add black beans, 2 tablespoons reserved liquid, 2 tablespoons lemon juice, tahini, 1/2 teaspoon cumin, 1/2 teaspoon salt, and 1/8 teaspoon cayenne pepper; process until smooth, scraping down the sides as needed. Add additional seasoning and liquid to taste. Garnish with paprika and Greek olives.



## Jalapeno Hummus



### INGREDIENTS

1 cup garbanzo beans

1/3 cup canned jalapeno pepper  
slices,  
juice reserved

3 tablespoons tahini

3 cloves garlic, minced

2 tablespoons lemon juice

1/2 teaspoon ground cumin

1/2 teaspoon curry powder

crushed red pepper to taste

### DIRECTIONS

In a blender or food processor, mix the garbanzo beans, jalapeno peppers and reserved juice, tahini, garlic, and lemon juice. Season with cumin, curry powder, and crushed red pepper. Blend until smooth.

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