



The **ingles** T a b l e

with Bruce Brown
SUN-DRIED TOMATO AND BASIL HUMMUS

Shopping List

- 2C drained garbanzo beans
- ½C tahini (sesame paste)
- ½C sun-dried tomatoes, coarsely chopped
- 1 tsp each: salt and black pepper
- 1T ground cumin
- 1T dried basil
- ½C lemon juice
- ¼C olive oil (more as necessary)
- Water (optional as necessary)

Cooking Instructions

- 1.) In the food processor bowl, process the garlic cloves until finely minced.
- 2.) Add the garbanzo beans, sun-dried tomatoes and tahini, processing until finely chopped and combined, about thirty seconds.
- 3.) Add the salt, black pepper, cumin, basil and lemon juice, processing again until incorporated.
- 4.) With the processor running, slowly drizzle in the olive oil until acquiring a smooth paste, adding more oil or water to get the consistency you like.
- 5.) Serve with fresh baked tortilla chips or toasted pita points with assorted vegetable sticks.



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