

Roasted Red Bell Pepper Hummus

Ingredients



3 tbsp, 1 tsp
Lemon juice



1/3 cup
tap water



1/2 tsp
ground black pepper



1 1/2 tbsp
chopped garlic in oil



16 oz can
garbanzo beans



1/2 tbsp, 1 tsp
canola oil



1
red bell pepper



1/4 tsp
ground cumin



1/8 tsp
crushed red pepper flakes



3/4 tsp
chopped garlic in oil

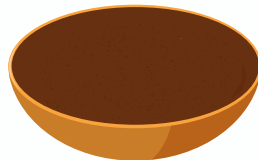


1/4 tsp
olive oil

Kitchen Tools



measuring cups & spoons



mixing bowl



sheet pan



Food Processor

Roasted Red Bell Pepper Hummus

Method

Remember to wash your hands before you begin cooking!



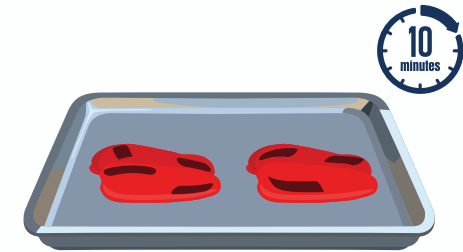
1

Make Hummus:
Combine drained garbanzo beans, lemon juice, tap water, black pepper, chopped garlic and canola oil in a food processor. Puree to a smooth consistency.



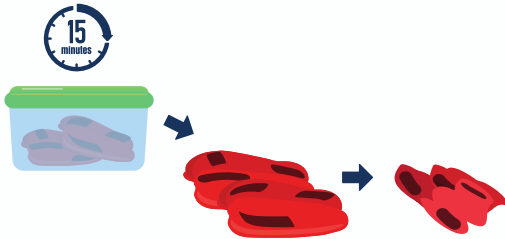
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Add cumin, crushed red pepper flakes, minced garlic and olive oil to hummus in food processor and pulse until smooth. Move to medium sized bowl.



3

Cut pepper in half and remove core and seeds. Arrange skin up on a baking sheet. Broil for 5 to 10 minutes until the peppers skin has charred.



4

Move peppers to a sealable container and wait about 10-15 minutes until cool enough to handle. Gently peel away the charred pepper skin. Do not rinse.



5

Place peppers in food processor and pulse until almost puree.



6

Fold pepper puree into hummus mixture.

Serve and enjoy!