

Beet Hummus

Prep Time: 30 min

Cook Time: 30 min

Servings: 4



Hummus bi tahina, originating in the Middle East, is classically made by combining chickpeas(hummus), tahini(tahina), garlic, lemon juice, olive oil and salt. These days we see many variations on this classic dish and our recipe for Beet Hummus is one to add to your recipe box. Beets add a delicate sweetness to the classic earthy nuttiness that hummus is known for.

Ingredients

- 1/2 pound beets (about 4 medium), cooked* & chopped
- 1 (15-ounce) can chickpeas
- 4 Tbsp tahini sesame seed paste
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 clove garlic, chopped
- 1 tsp cumin or 1 Tbsp fresh cilantro
- salt & pepper, to taste
- 2-3 Tbsp chickpea liquid (aquafaba/ bean water) for final step

Steps

1. To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4 inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled. Rough chop.
2. Drain chickpeas, reserving chickpea liquid (aquafaba). Do not add aquafaba until all other ingredients have been blended.
3. Place all ingredients (not aquafaba) in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
4. Final step: Add aquafaba 1 Tbsp at a time to blended mixture. Whiz well after each addition until creamy, fluffy texture is achieved.
5. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

*If using cooked beets, canned or fresh packed, skip step 1.