



Black Bean Hummus

Savannah · 28/09/2024



Prep Time

8

Difficult

Medium

Servings

N/A

Description

This black bean hummus is the absolute best hummus I have ever had. It goes great with toasted pita bread. If it tastes like it needs a little extra kick, add more lemon juice.

Ingredients

- 1 (15 ounce) can black beans - 1 clove garlic - 2 tablespoons lemon juice
- or more to taste - 1½ tablespoons tahini - ½ teaspoon ground cumin
- or more to taste - ½ teaspoon salt
- or more to taste - 1/8 teaspoon cayenne pepper
- or more to taste - ¼ teaspoon paprika
- or as needed - 10 Greek olives

Instructions

1. Drain beans and reserve liquid. Place garlic into the bowl of a food processor and pulse until minced. Add black beans
2. 2 tablespoons bean liquid
3. lemon juice
4. tahini
5. cumin
6. salt
7. and cayenne pepper; process until smooth
8. scraping down the sides as needed. Taste and add additional bean liquid
9. lemon juice
10. tahini
11. cumin
12. salt
13. and cayenne pepper as needed. Transfer to a serving bowl and sprinkle with paprika. Arrange Greek olives over top.