

Chef Toby's Hummus Recipe

This is how you make the perfect light and fluffy hummus every time! Simple ingredients, super easy method and perfectly delicious end results every time.

Servings: 6

Ready in: 10 minutes

Prep

10 minutes

Ingredients

- 1 (15 oz can) chickpeas / garbanzo beans, drained liquid reserved
- 2 - 4 Tbsp liquid from can of chickpeas
- 3 Tbsp tahini
- 2 1/2 Tbsp fresh lemon juice
- 2 Tbsp extra virgin olive oil, plus more for serving if desired
- 1 medium garlic clove
- 1/4 tsp ground cumin
- Salt, to taste
- Paprika, for serving
- 1/4 cup of fresh Jalapenos (optional to spice it up)
- 1/4 cup of fresh cilantro



Instructions

1. Add chickpeas, 2 Tbsp liquid from chickpea can, tahini, lemon juice, olive oil, garlic and cumin to a food processor.
2. Season with salt to taste (I usually use 1/2 tsp), then process for 5 minutes until smooth and fluffy, while adding additional reserved liquid to thin as needed (note that it will thicken once chilled).
3. If desired, plate then swirl in center and add more olive oil, sprinkle with paprika.
4. Store in refrigerator in an airtight container up to 1 week.

Notes

Watch out for rancid tahini. If it's gone bad it will have a strong, sharp unpleasant flavor and can ruin the hummus.

This is the perfect ratio in my opinion, but if you like a little more tahini or garlic feel free to add some for a strong flavor.

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- Paprika or fresh cilantro, for serving