



MARIE'S HUMMUS

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This is more of a method than a recipe. It should end, as it does for me every time I make it, with a taste test where you adjust the seasonings, blend it some more, and then try again. Little Man loved this so much that whenever he would see me take out my food processor, he assumed hummus was being made and stood there at my hip with his baby bird mouth wide open. His dad wasn't far behind.

INGREDIENTS:

2 garlic cloves (or more to taste)
2 (15 oz.) cans of chickpeas, rinsed and drained
3-4 Tbsp. tahini paste
3-4 tsp. lemon juice
2 tsp. ground cumin
2 tsp. ground coriander
1 tsp. salt
Approximately ½ cup olive oil

DIRECTIONS:

1. Drop the garlic one clove at a time into a running food processor through the feed tube. Scrape down the sides of the bowl as necessary.
2. Add the rest of the ingredients except for the olive oil and pulse until the ingredients are mixed but still a bit rough.
3. Then turn the processor on and through the tube slowly pour in the olive oil in a thin, steady stream until you get the desired creamy consistency.
4. Taste and adjust for seasoning. Blend the hummus again. Taste. Blend. Enjoy!

Recipe by: The Sheep Are Out at <http://www.thesheepareout.com/>