

## Spicy Hummus

### Ingredients

15-ounce can of chickpeas, drained  
(or  $1\frac{1}{2}$  cups cooked chickpeas)  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{4}$  cup well-stirred tahini  
1-3 garlic cloves, minced  
2 tbsp extra virgin olive oil  
 $\frac{1}{2}$  tsp ground cumin  
2 to 3 tbsp water  
2 tbsp chipotle peppers in adobo sauce  
 $\frac{1}{2}$  tsp of salt

### Directions

Add tahini and lemon juice to food processor bowl and mix for 1 minute. Scrape sides and bottom and mix for 30 seconds more. Add olive oil, garlic, cumin and  $\frac{1}{2}$  tsp of salt. Mix for 30 seconds or until well blended. Add half of the chickpeas and mix for 1 minute. Scrape the sides and bottom of bowl and mix again for 1-2 minutes until smooth. Add 2 tbsp of chipotle peppers (or more if a very spicy hummus is desired). Mix for 1 minute until smooth. If hummus is too thick, slowly add 2-3 tbsp of water until desired consistency is reached. Good for up to 1 week.