

Hummus-Black Bean

This recipe makes 3 cups



Ingredients

6 cloves of garlic
2-15 oz cans of black beans or 3 cups
4 **tbsp** tahini
2 **tbsp** lime juice or juice of 1 lime
1 **tsp** cumin
1 **tsp** chili powder
½ **cup** of fresh cilantro

salt and pepper to taste

Directions:

1. Add all the ingredients to the food processor
2. Process until smooth and creamy. (you can add a little bit of water or reserved chickpea liquid as you process to hit the perfect consistency)
3. Adjust flavor by adding extra salt if needed.
4. Add parchment paper to your trays
5. Spread the hummus evenly
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 31 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of freeze-dried hummus to a bowl and mix with about ½ cup of cold water. Adjust liquid if needed. This rehydrates quickly. Stir and enjoy

Notes:

For freeze-dried tortilla chips or pita chips, just cut any tortilla or pita into triangles and freeze-dry along with your hummus.

Nutritional Value Per ¼ cup of hummus

Calories 68 Carbohydrates 8 g Protein 3 g Fat 2 g Fiber 2 g Sugar 0 g