

# 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