



## Roasted Red Pepper Hummus

### INGREDIENTS

- 3/4 cup roasted red bell peppers (about 1 lb. peppers, roasted)
- 3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR 2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed
- 1/3 cup tahini paste
- 2 tbsp extra virgin olive oil
- 1/2 fresh lemon juice
- 1 1/2 tsp crushed fresh garlic (or more to taste)
- 3/4 tsp smoked paprika (or more to taste)
- 1/4 tsp salt (or more to taste- I usually use about 1/2 tsp)
- 1/4 tsp cayenne pepper (or more to taste)
- 1/4 tsp adobo (or more to taste)
- Warm water as needed

### DIRECTIONS

You can use jarred roasted red peppers (drained), or make your own. If using canned chickpeas, drain them and rinse them. If using dried chickpeas, drain and rinse them after soaking, then simmer them in lightly salted water on the stovetop for 60-90 minutes until soft and tender. Drain the beans and allow to cool to room temperature. To make this hummus ultra-creamy, you can peel the cooked chickpeas. Squeeze each chickpea gently to remove the skin, then discard the skins before processing. While this step is not completely necessary, it will ensure that your hummus turns out very smooth and creamy. Pulse the ingredients for about 60 seconds, then process until smooth. If mixture seems too thick, add warm water a tablespoon at a time and blend until desired consistency is reached. Taste the mixture and add more salt, lemon juice, cayenne or garlic to taste. Process again to blend any additional ingredients. Pour into a serving bowl and chill thoroughly before stirring. Hummus will firm up slightly as it chills. Goes great with grilled pita bread, pita chips, or crackers.