

## Roasted Red Pepper Hummus

- 2 whole red bell peppers (substitute about 3/4 cup chopped jarred roasted red peppers)
- 1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
- 1/4 cup (60 ml) fresh lemon juice, about 1 large lemon
- 1/4 cup (60 ml) tahini
- 1 small garlic clove, minced
- 2 tablespoons extra virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Pinch cayenne pepper (optional)
- Salt to taste

### Preparing the Hummus

1. In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. This extra time helps “whip” or “cream” the tahini, making smooth and creamy hummus possible.
2. Add the olive oil, minced garlic, cumin, cayenne pepper and the salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.
3. Open can of chickpeas, drain liquid then rinse well with water. Add half of the chickpeas to the food processor then process for 1 minute. Scrape sides and bottom of bowl, add remaining chickpeas and process for 1 to 2 minutes or until thick and quite smooth.
4. Add peppers to hummus and continue to process for 1 to 2 minutes or until smooth.
5. If the hummus is too thick or still has tiny bits of chickpea, with the food processor turned on, slowly add 1 to 3 tablespoons of water until the consistency is perfect

### To Serve

1. Finely chop reserved pepper from earlier. Then, scrape the hummus into a bowl, make a small well in the middle and add finely chopped peppers.

### To Store

1. Store homemade hummus in an airtight container and refrigerate up to one week.