



Classic Hummus (Canned Chickpeas)



No. B-005-01

Yield 100 Portions

Each Portion 2 Tbsp (1 oz)

Pan Size and Number Food Processor

Appetizer

Go for Green® Color and Sodium Codes

Green (Eat Often) Low Sodium

Nutrition Facts

Calories 45

Carbohydrates 4 g

Sugars* 1 g

Protein 1 g

Fat 3 g

Saturated Fat 0.4 g

Cholesterol 0 mg

Sodium 84 mg

Calcium 14 mg

Fiber 1 g

Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Combine chickpeas, chickpea liquid, tahini, olive oil, lemon juice, garlic cloves, salt and pepper in a food processor. Blend ingredients for 1 to 2 minutes until coarsely blended. Scrape down sides of food processor.
- 3 Continue blending the hummus mixture for 1 to 2 minutes until all the ingredients are fully incorporated, smooth and creamy, scraping down the sides of the food processor as necessary.
- 4 Transfer hummus to chilled serving pans; cover. Refrigerate at 41°F (5°C) for at least 30 minutes to allow flavors to meld. CP: Hold for cold service at 41°F (5°C) or use as specified in other recipes.

Recipe Notes

Ingredients

Ingredient	Measure	Weight	Approx. Issue
CHICKPEAS, CANNED, DRAINED	2-¼ qt	3 lb 6 oz	1-⅛ - # 10 cans
CHICKPEA LIQUID, DRAINED	1 cup + 2 tbsp	9-¼ oz	
TAHINI	¾ cup	6-¾ oz	
OIL, OLIVE, EXTRA VIRGIN	¾ cup + 2 tsp	6 oz	
JUICE, LEMON, FRESH	¼ cup + 2 tsp	2-½ oz	2-½ lemons
GARLIC, FRESH, PEELED	10 cloves	1-⅛ oz	1-⅓ oz
SALT	2-¼ tsp	0.48 oz	
PEPPER, WHITE, GROUND	½ tsp	0.04 oz	

1. In Step 2, recommend weighing the cloves of garlic rather than relying on count to ensure that the flavor intensity of the garlic is neither too strong nor too weak since garlic cloves can vary greatly in size.
2. In Step 2, depending on your blender/food processor capacity, the hummus may have to be batch blended. Divide all ingredients into two batches if needed.
3. In Step 4, CP: Hummus can be refrigerated at 41°F (5°C) for up to 5 days in an air-tight container. Serve chilled or utilize as specified in other recipes.
4. Serving Suggestions: Serve with sliced pita bread wedges, fresh-cut vegetables, crackers or pita chips or as a sandwich spread.