

Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 ½ qt (4 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 ¼ cups		1 qt 2 ½ cups	
Peanut butter OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (½ cup).
Tahini OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	
Sunflower seed butter	1 ½ lb	2 ½ cups	3 lb	1 qt 1 cup	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Water		3 ¼ cup		1 qt 2 ½ cups	
Ground black or white pepper		1 Tbsp		2 Tbsp	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
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½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.

50 Servings: about 13 lb 9 oz

50 Servings: about 1 gallon 2 ¼ quarts
2 pans

100 Servings: about 27 lb 2 oz

100 Servings: about 3 gallons 2 cups
4 pans

Tested 2006

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Special Tip:
Serve with pita bread; warning for service - contains peanut butter.

Nutrients Per Serving					
Calories	182	Saturated Fat	1.44 g	Iron	1.38 mg
Protein	7.49 g	Cholesterol	0 mg	Calcium	37 mg
Carbohydrate	22.37 g	Vitamin A	21 IU	Sodium	301 mg
Total Fat	7.90 g	Vitamin C	7.7 mg	Dietary Fiber	4.4 g