

Spicy Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<p>Garbanzo beans, low sodium, drained and rinsed*</p> <p>Lemon juice</p> <p>Olive oil</p> <p>Garlic, minced</p> <p>Cumin, ground</p> <p>Cayenne pepper</p> <p>Jalapeno pepper</p> <p>Red bell pepper</p>		<p>2 No.10 cans</p> <p>3 cups</p> <p>1 ½ cups</p> <p>¼ cup</p> <p>¼ cup</p> <p>1 Tbsp</p> <p>2 cups</p> <p>2 cups</p>			<p>1. Combine all ingredients in a food processor or VCM and puree to a smooth consistency.</p> <p>2. Spread 5 pounds of mixture into each 12"x20"x2 ½" pan; use 4 pans for 100 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color.</p> <p style="color: red;">CCP: Chill to 41°F or lower within two hours. Refrigerate until service.</p> <p>3. Portion with a No. 16 scoop (1/4 cup).</p> <p style="color: red;">CCP: Hold at 41°F or below before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> If tahini is available, add 3 cups for 100 servings. Additional cayenne pepper and/or jalapeno pepper may be added if desired.

*USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup	⅛ cup legumes (or 0.5 oz equivalent meat/meat alternate).	100 servings

Nutrients Per Serving

Calories	90	Sodium	95 mg	Vitamin A	170 IU
Total Fat	4 g	Carbohydrates	10 g	Vitamin C	6 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	19 mg
Trans Fat	0 g	Protein	3 g	Iron	0.5 mg
Cholesterol	0 mg	Calories from Total Fat	46 %	Calories from Saturated Fat	6 %