



White Tepary Bean Hummus

A RECIPE ADAPTED FROM INSPIREDTASTE.NET

ingredients

- 1 pound of white tepary beans or 1 1/2 cups of cooked tepary beans
- 1/4 cup fresh lemon juice
- 1/4 cup well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil, plus more for serving
- salt to taste
- 2 to 3 tablespoons water
- dash of ground paprika for serving

directions

- Combine tahini and lemon juice and process for 1 minute in a food processor. Scrape the bowl and process for 30 seconds more.
- Add the olive oil, garlic, and salt to the mixture.
- Process for 30 seconds, scrape the bowl and blend for another 30 seconds.
- Add half of the tepary beans, scrape the bowl, then add the remaining beans and blend until thick and smooth; 1 to 2 minutes.
- Slowly add 1 to 2 tbsp of water until you reach the perfect consistency. Add more salt if needed. Serve with a drizzle of olive oil and a dash of paprika.