

Let's Cook our Commodities!

Kidney Bean Hummus

Ingredients

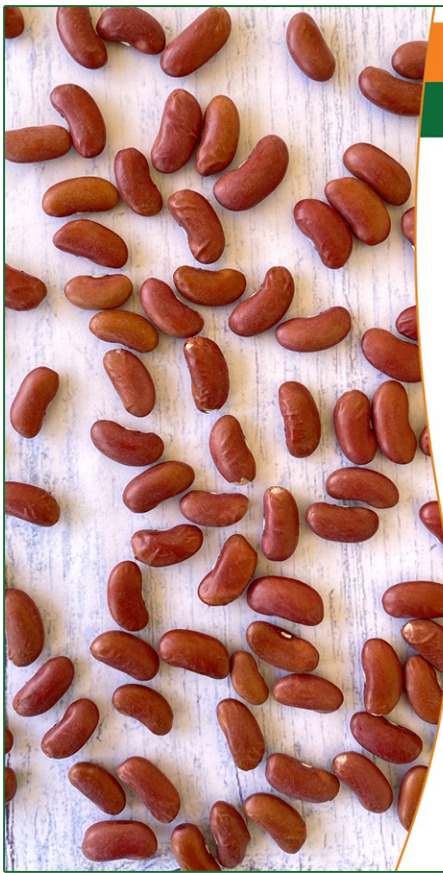
- 1 cup dried red kidney beans
- 5 cups water
- 2 cloves garlic
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil (or any vegetable oil)
- ½ tsp. salt
- ¼ tsp. cumin (*optional*)

Makes
12 servings

Prep Time
5 minutes

Cook Time
1 hour

Good Source of
Fiber
Protein



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Nutrition Facts

| | |
|-------------------------------|----------------------|
| 12 servings per container | |
| Serving size | 2 Tbsp. (21g) |
| Amount per serving | |
| Calories | 70 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 23mg | 2% |
| Iron 1mg | 6% |
| Potassium 220mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a large pot over medium-high heat, combine dried kidney beans and water.
2. Bring to a boil, reduce heat, cover and let simmer for 1 hour or until kidney beans are soft.
3. Remove kidney beans from heat and strain using a colander. Rinse with fresh water until water runs clear and let drain.
4. In a blender, combine kidney beans, garlic, and lemon juice and blend until smooth.
5. Add olive oil, salt, and optional cumin, and continue blending until the mixture is smooth and creamy.
6. Transfer into a bowl and top with desired garnish. Refrigerate leftovers.

Serving suggestions: Serve with sliced raw vegetables (e.g. carrots, cucumbers, bell peppers, broccoli) or with whole grain crackers, pita bread, or titiyas.

