

Beet & Bean Hummus

Try this delicious hummus with our Homemade Flatbread or raw veggies!

Ingredients:

- *2 cups favorite dry beans, cooked & drained*
- *2 large beets (steamed and cubed or oven roasted)*
- *1-2 Tbsps olive oil*
- *Juice from 1/2 lemon or lime*
- *1-2 large cloves minced garlic*
- *1/2 tsp ground cumin*
- *1/2 tsp paprika*
- *2 Tbsp tahini (optional)*
- *Salt & pepper to taste*
- *2 Tbsps fresh or dried cilantro for garnish*

Steps:

Cooking dry beans:

- Soak 2 cups beans overnight in 6 cups water and 2 tsp salt. Drain.
- Place beans in a large pot with 4 cups water and 1 tsp salt.
- Bring to a boil, reduce to a simmer, cover and cook until tender, 1½–2 hours; drain well and cool. Or cook in an Instant Pot on high pressure for 20 minutes. Check tenderness. If not quite done, repressurize for another 5 minutes.

Cooking beets: (Your choice to peel or not peel your beets.)

- Boil whole until tender enough to pierce with a fork.
- Or cube and steam in a double boiler.
- Or slice and roast at 375° for 40-50 minutes until tender.

Making the hummus:

- Place pre-cooked beets and dry beans, olive oil, lemon or lime juice, garlic, and spices in a food processor; blend smooth.
- Season to taste and garnish with fresh or dried cilantro.
- Enjoy with homemade flatbread!
- Refrigerate or freeze leftovers.