





United States Department of Agriculture

SWEET PEPPER HUMMUS

Yields 4-6 servings

Prep Time: 10 minutes

½ cup Sweet Peppers

2 clove garlic, minced

1 (15 ounce) can garbanzo beans, drained

1/3 cup lemon juice

1/3 cup tahini

Salt and Pepper to taste

1. In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth.
2. Add sweet peppers; process until the peppers are finely chopped. Season with salt and pepper.
3. Transfer hummus to small bowl, cover and chill until you are ready to serve.

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