

Red Lentil Hummus

A quick alternative to homemade hummus! No blender required!

PREP TIME: 5 minutes

COOK TIME: 20 minutes

Vegan, gluten-free, dairy free, nut-free

INGREDIENTS

- ❑ 1 cup Dried Red Lentils
- ❑ 1 ½ cups water
- ❑ 2 Tablespoons Tahini
- ❑ 3 Tablespoons lemon juice (~1 lemon)
- ❑ 1-2 cloves of garlic (or sub ½ Teaspoon garlic powder)
- ❑ ½ Teaspoon Cumin
- ❑ ½ Teaspoon Salt
- ❑ Water as needed for consistency
- ❑ Optional: cayenne for heat, smoked paprika, or other spices!

INSTRUCTIONS

1. Bring 1 ½ cups water to a boil in a medium saucepan. Reduce to low and simmer, covered, until tender, about 15 minutes.
2. **Blender/food processor:** Transfer all ingredients and blend until smooth. Add water until you reach your desired consistency.
3. **No blender/food processor:** add all ingredients (use garlic powder) to the pot of cooked lentils and mash/mix with a fork or whisk until smooth.
4. Serve with chips and veggies, or spread on sandwiches!

SHARE YOUR PHOTOS WITH US!

NOTES

Store in an airtight container the fridge for up to 5 days.



Photo Credit: One Arab Vegan