

White Bean Humus (Two Versions)

#1 Ingredients:

- 1 Can of white beans, drained and rinsed thoroughly
- 1 Tablespoon coconut, grape seed or olive oil
- 1 Tablespoon lime or lemon juice
- 1/2 Teaspoon cumin seed powder
- 1/2 Teaspoon chili powder
- 1/2 Teaspoons of finely minced garlic (I buy minced garlic bottled in water)
- 1 Tablespoon of white vinegar
- 1 Tablespoon of tahini butter [**optional**]
- 1-2 Tablespoons of Sechler's (Sweet & Mild) Hungarian Pepper Relish [**optional**]

#2 Ingredients:

- 1 Can of white beans, drained and rinsed thoroughly
- 1 Tablespoon coconut, grape seed or olive oil
- 1 Tablespoon lime or lemon juice
- 1/2 Teaspoon cumin seed powder
- 1/2 Teaspoon turmeric powder
- 1/2 Teaspoons of finely minced garlic (I buy minced garlic bottled in water)
- 1 Tablespoon of white vinegar
- 1 Tablespoon of cashew butter [**optional**]
- 1-2 Tablespoons of finely diced peppers, heat level to taste [**optional**]

Preparation:

I put the beans in a blender or food processor and blend them. Add dry ingredients and then liquid ingredients and blend until the ingredients form a creamy, paste-like consistency. Add small amounts of water as needed until desired texture is reached. Pour the mixture into a serving bowl. If using, add the tahini or cashew butter and Hungarian relish or diced peppers and stir in with a fork. Best if covered and refrigerated for at least an hour but can be served immediately.