

# White Bean Hummus

## Ingredients:

- 1 can of white beans, drained and rinsed thoroughly
  - 1 tablespoon of tahini
  - 1 tablespoons olive oil
  - 1 tablespoon fresh lemon juice
  - 1/2 to 1 teaspoon cumin to taste
  - 1 to 2 teaspoons of finely minced garlic to taste (I buy minced garlic bottled in water)
  - 1/2 to 1 teaspoon salt to taste (I use No Salt brand salt substitute)\*
  - 1 to 2 tablespoons of Sechler's (Sweet & Mild) Hungarian Pepper Relish [Optional]
  - water as needed
- \* I use low sodium beans so salt may not be necessary depending on the sodium content of the beans you use.

## Preparation:

I mash the beans and then put them in a blender or food processor and blend the beans. Add tahini, lemon juice, cumin, garlic, olive oil, and salt 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 large serving bowl. Add the Hungarian Relish and stir in with a fork. Best if covered and refrigerated for at least an hour but can be served immediately.