

Chef Reilly's

HUMMUS

2 cups canned chick peas drained
Juice of 2 fresh lemons
1/4 teaspoon Cumin
1 cup Tehini
2 garlic cloves (You can also used roasted garlic)
1-1/2 tbsp spoon shallot (or 1 small shallot)
3 tbsp oil (Extra Virgin is my choice)
1/4 teaspoon Za'atar
Salt to taste

You can also add additional ingredients like Cheyenne Pepper, Jalapeños, Sun Dried Tomatoes etc. the sky is the limit with Hummus!

Visit us on-line for
more recipes &
cooking videos



www.CookingThruTheBible.com

Hummus is great to use as a sauce for sandwiches, dips for vegetables and over Pita bread.

-Chef Reilly



HUMMUS



Place all the ingredients in a food processor or blender and mix until the chick peas are smooth! If the Hummus is too thick you can add some water to thin it out!



Place the Hummus in a sealed container and refrigerate. I let mine chill for at least an hour before serving.



To plate simply take the Hummus and spread it out on a plate or bowl. You can garnish with some Paprika and Za'atar and a little parsley.

Subscribe to our YouTube Channels

<https://www.youtube.com/user/maranathatours>

<https://www.youtube.com/ChefGregReilly>



Travel to the Holy Land

www.MaranathaTours.com 602.788.8864



Learn about the Holy Land

www.TravelingThruTheBibleShow.com