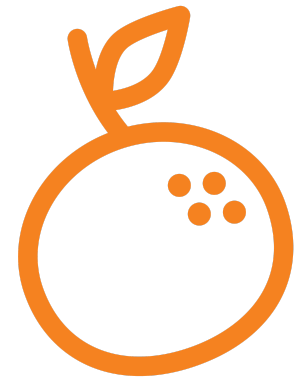


Beet Hummus Recipe

Yield: 4 Cups



Ingredients

1 15.5 oz can garbanzo beans, drained
2 cups roasted beets, marinated overnight in vinegar, drained
1 clove garlic, peeled & chopped
Juice of one lemon
1/2 cup tahini paste
1/4 cup olive oil
Salt and pepper to taste

Instructions for Adults

Assist with supervision of safe knife skills and assembly of the blender.

Instructions for Kids

- Add each of the ingredients to the blender as you prepare them.
- Drain the liquid from garbanzo beans and the beets.
- Peel and roughly chop the garlic with a food chopper.
- Use a plastic knife to cut the lemon in half, and squeeze all the liquid into the blender. Be careful not to let the seeds fall in.
- Measure and add the tahini paste.
- Start the blender and blend until smooth.
- Add the olive oil, salt and pepper and blend again until smooth.

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