



## Hummus Duo: Black Bean and Green Garbanzo Bean

### Black Bean Hummus

QTY	UNIT	Description	SUPC
2	Cups	Black Bean, rinsed and well dried	5844220
3	Cloves	Garlic, chopped	1821537
1/4	Cup	Tahini Paste	5212192
2	Tsp	Soy Sauce, gluten free	9153982
2	Tsp	Fresh Lemon Juice	7412596
To	Taste	Fresh Ground Pepper	6638878
To	Taste	Sea Salt	1012562

#### Preparation:

1. Combine all ingredients in food processor.
2. Pulse until smooth
3. Taste and add salt and pepper as needed
4. Place in cooler

## Green Garbanzo Hummus

QTY	UNIT	Description	SUPC
2	Cups	Green Garbanzo Beans	2705745
1	TBSP	Reserved Water	
2	TBSP	Extra Virgin Olive Oil	4497301
2	Each	Roasted Garlic Hummus (7 oz. package)	7708944
2	TBSP	Fresh Lemon Juice	7412596
2	TBSP	Tahini Paste	5212192
1	TBSP	Sriracha	6304570
To	Taste	Fresh Ground Pepper	6638878
To	Taste	Sea Salt	1012562

### Preparation:

1. Cook the green garbanzo beans in salted boiling water until tender about 10 minutes. Reserve 1 TBSP of cook liquid before draining.
2. Drain the beans well and cool.
3. Put the cooled green garbanzo beans in the food processor with the water and olive oil. Process into a smooth paste.
4. Add remaining ingredients to the food processor and process briefly until smooth
5. Taste and adjust with salt and pepper as needed
6. Place in a serving dish along with the black bean hummus and garnish with toasted pita triangles and fresh vegetables for dipping