

Hummus (from South Beach)

1 14.5 oz. can garbanzo beans (chickpeas) drained:
(save the liquid)

$\frac{1}{2}$ cup tahini sauce

$\frac{1}{4}$ cup chopped yellow onion

2 tbsp fresh lemon juice or 3 tbsp fresh lime juice

2-3 cloves garlic, chopped

2 tsp extra virgin olive oil

2 tsp cumin

$\frac{1}{8}$ tsp ground red pepper

$\frac{1}{2}$ tsp salt

Throw everything into food processor and mix. Add reserved bean liquid until it's the consistency you like.

Variation: Add a few sun-dried tomatoes (soak briefly in boiling water and cut up before adding. You can use soaking liquid from the tomatoes instead of bean liquid for thinning if you wish.