

A Man's Cookbook for "THE HERD"
By Robert Sturm



Hummus (Bean Dip)

Ingredients:

2 tsp. Chopped Garlic
1 (19 ounce) Can Garbanzo Beans, drained and rinsed
2 Cups Edamame Beans or other frozen bean (thawed)
¼ Cup Water
Juice from 2 lemons or 4 TB.
¼ Cup Tahini Paste or Peanut Butter (smooth)
½ tsp. All Purpose Seasoning
1 oz Pure Olive Oil

Directions

Place all ingredients in a food processor. Blend till smooth. Add more water if necessary to make a smooth dip. Serve with raw veggies.



February 1, 2011