

**Chipotle Hummus**

*Creamy hummus with a kick of chipotle spice.*

**Ingredients for Chipotle Hummus:**

1 15 ounce can Chickpeas/Garbanzo Beans  
(liquid reserved)  
4 tbsp tahini  
4 tbsp olive oil  
1/2 – 1 tsp chipotle chili powder  
1/2 – 1 tsp cumin  
1/4 red bell pepper (about 5 strips)  
5 cloves garlic  
2 slices onion  
juice of one lemon  
salt and pepper



**NOTES:** This recipe makes **two and a half cups** hummus. Toasted pine nuts, a squeeze of lemon and olive oil finish the dish. Flavors intensify over time. For best flavor, make ahead and chill completely before serving. For a mild hummus consider reducing garlic to 3 cloves and use 1/2 teaspoon each chipotle chili powder and cumin; for spicy, try a teaspoon of each.

**Directions:**

1. **Prepare the vegetables.** Heat a dry skillet to medium high and roast red bell pepper, onion and whole garlic cloves until desired level of char. When cool, squeeze garlic cloves from skin.
2. **Prepare the chickpeas.** Drain chickpeas, reserving liquid. Some hummus aficionados swear that you need to remove the transparent “shell” from each bean. I say, turn the blender up higher. However, I do recommend shelling chickpeas used as a garnish.
3. **Prepare the hummus.** Add all ingredients to blender (with the exception of about 20 chickpeas) and combine. Add reserved chickpea liquid as needed for consistency (about 4 tbsp). Blend until mixture runs freely through processor and an inverted tornado has formed. Hummus should be smooth and creamy.

For best results, cover and chill for *at least* an hour. Garnish with toasted pine nuts (or reserved chickpeas as I have), a drizzle of olive oil, a sprinkle of chipotle chili powder and flat leaf parsley. Serve with flat bread, pita bread, pita chips or even tortilla chips and of course, carrots, celery, cucumber and other veggies.

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