



## Northern Bean Hummus

### Ingredients

- 1 clove garlic, chopped
- 1 (15 ounce) can northern beans, drained, and liquid reserved
- 1/4 cup well stirred tahini
- 5 tablespoons olive oil
- 1/4 cup reserved bean water
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper

### Directions

- Place the garlic, beans, tahini, and olive oil in a food processor and blend for 30 seconds. Scrape the sides and blend for until beans are all blended. Add bean water, lemon juice, salt, and black pepper. Puree for about two minutes until smooth and creamy.
- Refrigerate for at least 1 hour.