Hummus (with tahini)

HACCP Process #1 No Cook Preparation





1 Serving Provides:

CACFP: 1 ounces Meat/Meat Alternate NSLP: 1 ounces Meat/Meat Alternate SFSP: 1 ounces Meat/Meat Alternate

	48 Servings		96 Servings	
Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans	5 pounds	3 quarts + 2 cups	10 pounds	1 gallon + 3 quarts
Lemon juice		1 cup		2 cups
Vegetable oil		1/4 cup		½ cup
Water		1 cup		2 cups
Tahini (sesame seed paste)	4 ounces	½ cup	8 ounces	1 cup
Garlic powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon



Directions

- 1. Place ingredients in a large blender or a food processor, working in ¼ or ½ batches at a time if needed. Blend to desired consistency (more time for a smooth dip, less for a chunky dip)
- 2. If hummus seems too thick, add 2-4 tablespoons of water.

CCP: Hold for cold service at 41°F or below.

Serve ¼ cup portions.

Serving	Yield	Volume		
1/4 cup	48 servings, about 8 pounds	48 servings, about 3 quarts		
	96 servings, about 16 pounds	96 servings, about 1 gallon 2 quarts		

Nutrients Per Serving							
Calories	72	Sodium	279 mg	Vitamin A	10 IU		
Total Fat	3 g	Carbohydrate	9 g	Vitamin C	3 mg		
Saturated Fat	0.5 g	Dietary Fiber	3 g	Iron	1 mg		
Cholesterol	0 mg	Protein	2.6 g	Calcium	35 mg		

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