

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

Ingredients	48 Servings		96 Servings	
	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		¼ 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

- 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)
- 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
¼ 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
Total Fat	3 g	Carbohydrate	9 g
Saturated Fat	0.5 g	Dietary Fiber	3 g
Cholesterol	0 mg	Protein	2.6 g
		Vitamin A	10 IU
		Vitamin C	3 mg
		Iron	1 mg
		Calcium	35 mg