## Hummus (no tahini)

HACCP Process #1 No Cook Preparation



## 1 Serving Provides:

CACFP: 0.5 ounces Meat/Meat Alternate NSLP: 0.5 ounces Meat/Meat Alternate SFSP: 0.5 ounces Meat/Meat Alternate



	32 Servings		64 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Garbanzo beans	2 pounds 8 ounces	1 quart + 3 cups	5 pounds	3 quarts + 2 cups		
Lemon juice		½ cup		1 cup		
Vegetable oil		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon		
Plain nonfat yogurt	1 pound	2 cups	2 pounds	1 quart		
Ground cumin		2 teaspoons		1 Tablespoon + 1 teaspoon		
Garlic powder		1 teaspoon		2 teaspoons		
Black pepper		1 teaspoon		2 teaspoons		
Salt		1 teaspoon		2 teaspoons		

## Directions

1. Place ingredients in a large blender or a food processor, working in 1/4 or 1/2 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.

Serving	Yield	Volume	Nutrients Per	Nutrients Per Serving					
¼ cup	32 servings, about 4 pounds 64 servings, about 8 pounds	32 servings, about 2 quarts 64 servings, about 1 gallon	Calories Total Fat Saturated Fat	55 1.9 g	Sodium Carbohydrate Dietary Fiber	292 mg 7 g	Vitamin A Vitamin C	14 IU 3 mg	
L			Cholesterol	0.5 g 0 mg	Protein	2 g 2 g	Iron Calcium	0 mg 35 mg	

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