

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

Ingredients	32 Servings		64 Servings	
	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

- 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	32 servings, about 4 pounds 64 servings, about 8 pounds	32 servings, about 2 quarts 64 servings, about 1 gallon

Nutrients Per Serving			
Calories	55	Sodium	292 mg
Total Fat	1.9 g	Carbohydrate	7 g
Saturated Fat	0.5 g	Dietary Fiber	2 g
Cholesterol	0 mg	Protein	2 g
		Vitamin A	14 IU
		Vitamin C	3 mg
		Iron	0 mg
		Calcium	35 mg