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		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

- 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.

CCP: Hold for cold service at 41° F or below. Serve $\frac{1}{4}$ cup portions.

Serving	Yield	Volume	Nutrients Per Serving						
¼ cup	48 servings, about 8 pounds 96 servings, about 16 pounds	48 servings, about 3 quarts 96 servings, about 1 gallon 2 quarts	Calories Total Fat Saturated Fat	72 3 g 0.5 g	Sodium Carbohydrate Dietary Fiber	279 mg 9 g 3 a	Vitamin A Vitamin C Iron	10 IU 3 mg 1 mg	
	·	·	Cholesterol	0 mg	Protein	2.6 g	Calcium	35 mg	

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