Tracie's Hummus

Description

Slightly spicy dip to use with baked tortillas, vegetable dippers or even on a veggie wrap.



Ingredients

- 1 can Garbonzo Beans, rinsed
- 1 Jalapeno, chopped
- 1/2 Red Onion, chopped
- 1 clove garlic, chopped
- Splash of Olive Oil
- Splash Lime or Lemon Juice
- salt
- pepper
- Cumin, optional
- Cracked Red Pepper, optional
- Chili Powder, optional

Instructions

Put all ingredients in a food processor and puree till completely mixed and fine texture. May need a spash or two more olive oil. Salt and pepper to taste. Pinch of cumin, cracked red pepper and/or chili powder can be added.

Notes

Summary

Yield: 0
Prep Time: 15 minutes
Category: Appetizers
Tags: Jalapenos, garlic, Garbonzo Beans