

# Classic Hummus

Ingredients	20 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas , canned, <b>rinsed and drained before measuring</b>	11 oz	1 1/2 cups	3 lb 7 oz	1 qt 3 1/2 cups	1. Combine the chickpeas, tahini (if using), lemon juice, olive oil, garlic, cumin, and salt in a food processor. Add the water and process until smooth. Adjust the consistency with additional water if necessary. <b>(For large batches, see Recipe Notes.)</b>
Tahini paste, optional	2 1/2 oz	3 tbsp	12 1/2 oz	3/4 cup 1 tbsp	
Lemon juice	2 1/2 oz	3 tbsp	12 1/2 oz	3/4 cup 1 tbsp	2. Taste the hummus and adjust with additional lemon juice, garlic, cumin, or salt as needed.
Olive oil	1 oz	2 tbsp	5 oz	1/2 cup 2 tbsp	
Garlic, minced	1/2 oz	1 tbsp	2 1/2 oz	1/4 cup 1 tbsp	
Cumin, ground		3/4 tsp		3 3/4 tsp	
Table salt		1/2 tsp		2 1/2 tsp	
Water, as needed	2 2/3 oz	1/3 cup	14 oz	3/4 cup 2 tbsp	

## Recipe Notes:

To mix large batches in a standing mixer, warm the chickpeas in simmering water until they are hot. Combine the ingredients in the bowl of a mixer and blend with a paddle attachment until smooth and creamy.



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## Serving Notes:

Portion using a No. 16 scoop.

	20 Servings	100 servings
Total Weight:	1 lb 4 oz	6 lb 4 oz
Total Volume	2 1/2 cups	12 1/2 cups
Serving Size (weight):	1 oz	1 oz
Serving Size (volume):	2 tbsp	2 tbsp

Nutrients Per Serving					
<b>Calories</b>	90	<b>Saturated Fat</b>	0 g	<b>Iron</b>	1.2 mg
<b>Protein</b>	4 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	24 mg
<b>Carbohydrate</b>	11 g	<b>Vitamin A-RE</b>	1.5 mcg	<b>Sodium</b>	60 mg
<b>Total Fat</b>	4 g	<b>Vitamin C</b>	2.5 mg	<b>Dietary Fiber</b>	3 g

