

Spicy Red Pepper Hummus

Ingredients	20 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas , canned, rinsed and drained before measuring	11 oz	1 1/2 cups	3 lb 7 oz	1 qt 3 1/2 cups	1. Combine the chickpeas, roasted peppers, lemon juice, tahini (if using), lemon juice, olive oil, garlic, cumin, cayenne, and salt in a food processor. Add the water and process until smooth. Adjust the consistency with additional water if necessary. (For large batches, see Recipe Notes.) 2. Taste the hummus and adjust with additional lemon juice, garlic, cumin, cayenne, or salt as needed.
Roasted red peppers, canned, drained, coarsely chopped	3 oz	1/2 cup	15 oz	2 1/2 cups	
Lemon juice	1 oz	2 tbsp	5 oz	1/2 cup 2 tbsp	
Tahini paste, optional	1 1/2 oz	2 tbsp	7 1/2	1/2 cup 2 tbsp	
Olive oil	1 1/2 oz	3 tbsp	7 1/2 oz	1/4 cup 1 tbsp	
Garlic , minced		1 tsp		1 tbsp 2 tsp	
Cumin, ground		1/2 tsp		2 1/2 tsp	
Cayenne pepper, ground, optional		1/4 tsp		1 1/4 tsp	
Table salt		1/4 tsp		1 1/4 tsp	
Water	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 #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					
Calories	50	Saturated Fat	0 g	Iron	>1 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9mg
Carbohydrate	4 g	Vitamin A-RE	17 mcg	Sodium	90mg
Total Fat	3.5 g	Vitamin C	3 mg	Dietary Fiber	>1 g

