

Hummamole

Source: Chef Scotty

Yield: about 3 cups

2 c garbanzo beans, cooked and cooled or canned
1 ea large avocado
½ c fresh cilantro leaves
1 Tbl minced garlic
1 Tbl lime juice, fresh or bottled
Salt to taste



1. Place all ingredients into a food processor and blend until smooth and creamy.

Chef Scotty's Notes:

Being on a plant-based whole food diet means my wife and I eat a lot of beans, and hummus is our favorite way to eat beans. This hummus/guacamole hybrid is my wife's favorite version, although she always complains "there's not enough cilantro!"

WSU Clark County Master Food Preservers

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Food Preservation or Food Safety Questions?

Contact us via our Food Preservation & Safety Helpline
360-397-6060 ext. 5366 - Monday thru Friday

Companion recipe to The Columbian Market Fresh Article published on July 27, 2018.
For previous article recipes visit <http://ext100.wsu.edu/clark/?p=8163>