

# Roasted Red Pepper Hummus

Origin: Allrecipes with modifications by me

<b>Prep Time:</b> 5 min	<b>Cook Time:</b> 0	<b>Cool Time:</b> 1 hr	<b>Servings:</b> 8
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## Ingredients:

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley
- Drizzle of olive oil

## Directions:

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley and drizzle the top with a bit of olive oil before serving.

## Additional Notes:

To spice it up a bit increase the cayenne to 1/2 teaspoon.