

Hummus

A middle-eastern favorite.

2 cans garbonzo beans, reserving the liquid from one

4 cloves of garlic

$\frac{1}{4}$ c tahini paste

juice from $\frac{1}{2}$ lemon

1 package Adobo seasoning

1 T salt

pepper to taste

In a food processor, get the blades going, and drop in the garlic until it's finely chopped. Add the chick peas, lemon juice, tahini, adobo, salt and pepper, and blend, adding the reserved chick pea liquid until a smooth paste is formed, scraping down the sides.

Transfer to a serving bowl, drizzle with olive oil and smoked paprika, and serve with crudite and/or pita bread.

Option 1 : Roast some fresh hot peppers over a flame, and put into a plastic bag to steam for 10 minutes, or when cool enough to handle. Remove burnt skin, and slice open to remove seeds. Add the remaining flesh after you've chopped the garlic.