

## HUMMUS

4 Cups Garbanzo Beans (about 2 ½ cans) (I use dry about 2 cups)  
½ Cup Tahini  
1/3 Cup Extra Virgin Olive Oil (I use ½ to ¾ Cups to make it creamier)  
1/3 Cup Warm Water (I use more for consistency)  
2-3 Garlic Cloves to Taste  
2-3 Lemons Juiced (I use 2)  
1 ½ Teaspoon Salt or to Taste  
2 Teaspoon Ground Cumin  
¼ Onion Chopped (Optional)  
Pepper to Taste  
3-4 Sun Dried Tomatoes

Add Beans, Tahini, Olive Oil, Water to food Processor, process then add rest of ingredients. Process to consistency that you desire.