



BEST BASIC HUMMUS RECIPE

Vata↑, **Pitta**↓, **Kapha**↓

Makes: 3¹/₂ cups

Cook Time: 50 to 60 minutes (if cooking chickpeas); no cook time if using canned beans

Prep Time: 20 minutes

*Balanced Vata can enjoy in moderation during the summer months.

INGREDIENTS

- 1 cup chickpeas, uncooked (substitute with two 15 oz can chickpeas)
- 1/2 cup olive oil
- 1 cup water (ideally from cooking the beans, but plain water works too)
- 1/4 cup tahini (I prefer raw and love this brand)
- 1 large lemon, juiced (use lime for Pitta)
- 3/4 teaspoon Mineral Salt or Pink Himalayan Salt
- 1/8 teaspoon cumin seed (whole or powdered)
- 1/2 to 1 teaspoon Agni Churna* (optional)
- 1 small serrano pepper, chopped (optional, use less or omit for Pitta)
- 1/4 cup fresh parsley, chopped

*Replaced with 1/4 tsp turmeric, 1/4 tsp cumin, 1/8 tsp ginger, and 1/8 tsp black pepper.

DIRECTIONS

FOR THE CHICKPEAS (if making from scratch - skip this step if using canned beans)

*These cooking options do not require soaking the beans, but it is still recommended if time permits. Make sure to rinse and remove any potential debris before cooking.

Pressure Cooker Option

1. Add the uncooked chickpeas to your pressure cooker and fill with water until the water is about 2 to 3 inches higher than the beans.
2. Cover securely, and place on high heat until the cooker begins to whistle (about 10 to 15 minutes).
3. Reduce the heat to medium and continue to cook for 22 to 25 minutes.

4. Turn the heat off and let the steam naturally release for at least 15 to 20 minutes.
5. Release any remaining steam and open the lid.
6. Strain but save 1 cup of bean water for the hummus recipe. Set the beans aside until needed. Alternatively, the beans can be stored in glass Tupperware and chilled in the refrigerator overnight to make the hummus the following day.

Instant Pot Option

1. Add the uncooked chickpeas to your Instant Pot and fill with water until the water is about 2 to 3 inches higher than the beans.
2. Cook on high pressure for 50 minutes followed by a 10-minute natural pressure release.
3. Strain but save 1 cup of bean water for the hummus recipe. Set the beans aside until needed. Alternatively, the beans can be stored in glass Tupperware and chilled in the refrigerator overnight to make the hummus the following day.

Slow Cooker Option

1. Add the uncooked chickpeas to your Slow Cooker and cover with water until the water is about 3 inches higher than the beans.
2. Cook on low for 8 to 9 hours or on high for 5 to 6 hours. Cook longer if the beans are not soft all the way through.
3. Strain but save 1 cup of bean water for the hummus recipe. Set the beans aside until needed. Alternatively, the beans can be stored in glass Tupperware and chilled in the refrigerator overnight to make the hummus the following day.

FOR THE HUMMUS

1. If using canned beans, strain and rinse then set aside.
2. In this order, add the olive oil, water, tahini, lemon juice, salt, cumin, Agni Churna (if using), serrano pepper, and parsley to a blender or food processor.
3. Add the cooked or canned chickpeas.
4. Blend on high for 1 to 2 minutes or until completely smooth. If the hummus seems too thick, add more water by the tablespoon (add more salt if it begins to lose flavor).

5. The end result should be very smooth, spreadable, not too thick, and not too thin.
6. If you prefer your hummus chilled, place it in an airtight glass jar or Tupperware for a couple of hours before eating. Letting it sit for several hours to overnight makes the flavor pop out even more!
7. Pair with some sautéed greens, steamed veggies, or on a chapati, dosa, or whole grain pita.