



Recipe from: [My Catholic Tradition](#)

## **Hummus**

SERVES FOUR TO SIX

### Ingredients

14 oz can chickpeas, drained  
4 tbsp tahini (sesame seed paste)  
2–3 garlic cloves, chopped  
Juice of 1/2 — 1 lemon  
2 red bell peppers (optional)  
1 tbsp pine nuts  
pinch each of paprika and cumin  
1 tsp olive oil

Lightly roast the red bell peppers, and remove the skins.

Lightly roast the pine nuts and mix with the paprika, cumin and olive oil.  
Set aside.

Using a potato masher or fork, coarsely mash the chickpeas and the roasted red bell pepper in a mixing bowl.

If you like a smoother purée, process the chickpeas in a food processor or blender until a smooth paste is formed.

Mix the tahini into the bowl of chickpeas.

Stir in the chopped garlic cloves and lemon juice.

Season to taste with freshly ground black pepper and salt.

If needed, add a little water for lighter consistency.

Serve the hummus at room temperature topped the mixture of roasted pine nuts, paprika and olive oil on wedges of toasted pita bread.