

EPICUREAN ESSENTIALS

Roasted Red Pepper Hummus

- 1 medium garlic clove
- 15 oz. can garbanzo beans, drained and rinsed
- 1 large roasted red pepper*
- 1 large lemon, juiced
- 1 1/2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 1/2 tablespoons fresh flat leaf parsley, finely chopped

Mince the garlic in a clean, dry bowl of a food processor. Add the roasted red pepper, lemon juice, tahini, cumin, cayenne and salt. Process until smooth. Adjust seasonings to taste. Add water and /or olive oil to adjust to desired consistency. Garnish with finely chopped parsley.

[*Instructions on how to roast a red pepper here.](#)