**Classic Hummus 4 Tubs**

**Ingredients:**

**1/4 cup + 3Tbsp lemon juice 4 1/2 cup cooked garbanzos**

**3 large clove garlic 1/4 cup + 3 Tbsp tahini**

**1 1/2 tsp salt 3/4 tsp cumin**

 **1/4 cup +1/2 Tbsp olive oil**

**2 – 4 Tbsp cold water**

**In a food processor blend lemon juice, garlic and salt. Add garbs, tahini, cumin and olive oil and blend. Add 2 – 4 Tbsp water to reach desired consistency. Refrigerate in an airtight container.**

**How to cook garbanzos**

**Place 1 cup of dried garbanzos in a large bowl, cover with 6 cups of cold water and stir in ½ tsp baking soda.** Soak overnight. Drain and rinse thoroughly. Put rinsed garbanzos in a heavy pot with 8 cups of water. Cover and bring to a rolling boil. Uncover and boil 15 minutes, skimming foam several times. Reduce heat to simmer. Cover and simmer for 45 minutes or until garbanzos are very soft, but still hold their shape. Drain and cool for 10 minutes. Makes 2 ½ to 3 cups prepared garbanzos.

**Prepared garbanzos can be used to make hummus or used in salads or roasted with salt and spices in the oven or stored in the freezer for later use.**