

# **EASY BLACK BEAN HUMMUS**

## **INGREDIENTS:**

- 1 15-OZ CAN BLACK BEANS, DRAINED AND RINSED
- 1 15-OZ CAN CHICK PEAS, DRAINED AND RINSED
- 1/4 CUP RESERVED LIQUID FROM BEAN CANS
- 1/4 CUP WATER
- 4 TBSP LEMON JUICE
- 3 CLOVES GARLIC, FINELY MINCED
- 1 TSP SESAME OIL
- 1/4 TSP CUMIN
- 5 PIECES SUN-DRIED TOMATO
- 1/4 TSP GROUND RED PEPPER
- SEA SALT AND BLACK PEPPER, TO TASTE
- 1 TBSP DRIED OR FRESH PARSLEY

## **INSTRUCTIONS:**

PLACE ALL INGREDIENTS EXCEPT PARSLEY IN A FOOD PROCESSOR. PROCESS UNTIL SMOOTH. POUR INTO A DISH AND SPRINKLE WITH PARSLEY. COVER AND REFRIGERATE FOR 2 HOURS. ENJOY WITH WARM PITAS OR FRESH VEGETABLES.