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## Red Pepper Hummus

By Donna Green Goodman, MPH

### Ingredients

- 2 cups cooked or canned garbanzos, with liquid
- 1/3 cup fresh lemon juice
- 1 small red pepper (roast if desired)
- 1/4 cup tahini (sesame seed butter)
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon cumin or to taste
- 2 cloves garlic
- McKay's NO MSG Chicken Style Seasoning to taste, optional

### Instructions

1. Pour a small amount of oil into a large soup pot.
2. Add onion, celery, garlic, bell pepper and carrots.
3. Sauté for 3-5 minutes.
4. Add other ingredients stirring well.
5. Add 4 cups of water.
6. Season to taste with Chicken style seasoning and herbs.
7. Let simmer a few minutes.
8. Add 2-4 cups more water, bring to boil.
9. Lower heat and simmer about 30 minutes until ingredients are tender.
10. Add more water if necessary.
11. Adjust seasonings to taste