

ROASTED BEET HUMMUS WITH SUNBUTTER

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Furmano chickpeas or garbanzo beans, drained, juice reserved	128 oz	1 gallon	256 oz	2 gallons	<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Cook the beets. To do so, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven. Cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel outer skin once they have cooled. 2. Drain chickpeas or garbanzo beans, reserve juice. 3. Combine all ingredients in food processor or mixer and puree to smooth consistency. 4. If mixture is thick, add reserved bean liquid 1 tablespoon at a time until desired consistency.
Large beets	3.25 lbs		6.5 lbs		
Lemon juice		2 Tbsp		¼ Cup	
Sunbutter		½ cup		1 cup	
Granulated garlic		2 Tbsp		4 Tbsp	
Vegetable oil		1 Tbsp		2 Tbsp	
Cumin		1 Tbsp		2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
<p>Serving Size: 2 oz</p> <p>Meal Pattern Contribution: ¼ cup vegetable (⅛ cup Legumes + ¼ cup additional veg) Chickpeas, canned 1 #10 can = 105 oz and provides 42 ¼ cup servings of drained chickpeas</p>					<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> 1. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

