

ROASTED BEET HUMMUS

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, cut into quarters and toss with Oil, salt and pepper. Use a roasting sheet and bake at 375°F oven for 30-40 minutes or until easily penetrated with a knife or fork. 2. Drain chickpeas or garbanzo beans, reserve juice. 3. Combine all ingredients in a food processor or mixer and puree to smooth consistency. 4. If mixture is thick, add reserved bean liquid 1 tablespoon at a time, alternating with EVOO or vegetable oil until desired consistency.
salt and pepper					
Large beets	3.25 lbs		6.5 lbs		
Lemon juice		2 Tbsp		¼ cup	
Sunbutter (optional)		½ cup		1 cup	
Granulated garlic		2 Tbsp		4 Tbsp	
EVOO or 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 (⅓ cup Legumes + ¼ cup additional veg) Chickpeas, canned 1 #10 can = 105 oz and provides 42 ¼ cup servings of drained chickpeas</p>					

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.

