



Roasted Red Pepper Black Bean Hummus

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 clove garlic
- 2 tsp [Tahini](#)
- 1-2 tsp olive oil
- Juice of 1 small lemon
- 1 can black beans
- 1 piece of roasted red pepper from jar
- chopped fresh parsley

Instructions

All you need is a food processor for this recipe. I wanted hummus and didn't have garbanzo beans (chickpeas, whatever you wanna call it), so I used my can of black beans that's been sitting in my cabinet for ages. Came out fantastic.....I think I might like black beans better!

1. Mince the clove of garlic in your food processor.
2. Put all the wet ingredients (tahini, olive oil, and lemon juice) in the food processor before adding the can of beans (the wet ingredients allow the food processor to get the ingredients going). Chop/grind until smooth.
3. Chop the roasted pepper into little chunks and throw it in the food processor. Process until smooth and well-incorporated.
4. Spoon onto plate and sprinkle chopped parsley on top. Serve with warm pita or

tortilla. Enjoy!

(You can add salt to this while processing if you like, but I'm not a big fan of salty foods so it's really your call)