

Hummus Recipe

Ingredients

1 (15oz.) can	chickpeas
2 tbsp	lemon juice
2 tbsp	water
1 tbsp	sesame or olive oil
1 tsp	garlic, minced
1 tsp	cumin

Method of Preparation

Blend all ingredients together using a food processor. Mash or puree until smooth, adding more water as desired.

Bean Soup

Ingredients

2 tablespoon	olive oil
1 medium	onion, finely chopped
3 cups	vegetable stock
1 can (14.5oz)	diced tomatoes in juice
2 can (15oz)	black beans, drained
2 cans (15oz)	pumpkin puree (found often on the baking aisle)
1 cup	Soy Milk
1 tbsp	curry powder
1½ tsp	ground cumin
To taste	Salt and Pepper
½ tsp	cayenne pepper, (optional)

Directions

Pour 1 can of the black beans into a food processor or blender, along with the ½ can of tomatoes and 2 cans of pumpkin. Puree until smooth. Set aside.

Heat a soup pot over medium heat. Add oil. When oil is hot, add onion and sauté onions 5 minutes. Add broth, black bean pumpkin mixture, rest of tomatoes and black beans. Stir to combine ingredients and bring soup to a boil. Reduce heat to medium low and stir in soy milk, curry, cumin, cayenne and salt, to taste. Simmer 5 minutes, adjust seasonings.