



Hummus / Tomato Basil Hummus

1/2 cup dry garbanzo beans, not soaked
1 tsp baking soda
2 cups water + 2 cups water

2 garlic cloves
1/2 cup tahini
3 TB lemon juice
1 tsp salt
1 tsp cumin

5-6 TB cold water

Optional add-ins for Tomato Basil Version:

3-4 large basil leaves or 1 tsp dried basil
3 TB tomato paste

1. Add garbanzo beans, baking soda, and 2 cups water to Instant Pot inner pot.
2. Secure lid in place > Turn valve to SEALING > Press MANUAL > Press MINUS sign to modify time to 2 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. Carefully work with beans while still hot. Drain. Place beans on a kitchen towel, and fold towel over beans. With your hand use the towel to scrub the beans well. Open the towel. Much of the skins of the beans should be removed from the scrubbing. If not, replace towel and scrub some more.
5. You can either pick through the skins and pull out the skinless beans or place the beans in a bowl of water and wash the skins off, you may want to change the water once to more easily separate the skins away from the beans.
6. Once you have skinless beans, add back to Instant Pot inner pot and cover with 2 cups water.
7. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 15 minutes > After 10 seconds display will read ON
8. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
9. Drain beans and add to food processor. Let machine run for 3 minutes, stopping to scrape down sides as necessary.
10. Add garlic, tahini, lemon juice, salt, cumin, basil and tomato paste (if using). Run machine until ingredients are incorporated and then with machine running add cold water through the chute. Process for 5 minutes. Stop intermittently to scrape down sides.