**Black Bean Hummus**

**4-6 servings  
12 hour prep time**

**2-3 hour cook time**

* 16 oz. fresh cooked black beans
* ¼ cup olive oil
* 1 Tbsp tahini
* ¼ cup medium red
* 1 fresh squeezed lime or lemon
* 1 minced jalapeno
* 3 garlic cloves
* 1 Tbsp minced shallot
* 1 Tbsp apple cider vinegar
* 1 Tbsp nutritional yeast
* large handful cilantro
* ½ Tbsp chipotle or cajun spice
* 2 tsp turmeric
* 1-2 tsp cayenne
* 1 tsp chili flakes
* pinch himalayan pink salt
* pinch of black pepper

1. Soak black beans at least 12 hours before cooking.
2. When ready to cook drain, rinse and place in pot or croc-pot for 2-3 hours. Check on the bean consistently to refill with water.
3. In the last hour of cooking the beans add garlic, onion, shallot, jalapeno and spices.
4. Strain the beans and set bean juice aside. In a blender add the beans and remaining ingredients and blend.
5. Adjust flavors as necessary to liking and enjoy!

*Tips:*

* To make the hummus "chunky" add all liquids in last, adding them in one Tbsp at time. To make the texture creamery add bean juice in until texture is achieved to liking.