



Makes 3 cups
Preparation Time: 10 minutes
Cook Time: 1 hours

INGREDIENTS:

1 cup dry navy beans, sorted,
rinsed, and soaked overnight

3 tablespoons lime juice

1 clove garlic

½ teaspoon freshly ground black
pepper

Sea salt, to taste

¼ cup finely chopped fresh
cilantro

Navy Bean Hummus

This garlicky homemade hummus gets its extra-creamy texture from navy beans that you cook from scratch. It's important to sort dried beans before soaking them: Spread beans out on a kitchen towel, and remove any that are broken, shriveled, or unusually dark, as well as any rocks and debris that are in the mix.

By Darshana Thacker Wendel

- 1** Drain beans and place in a medium saucepan. Add 2 cups water. Bring to boiling over high; boil 3 to 5 minutes. Reduce heat; simmer, partially covered, 1 hour or until beans are very tender. Remove pan from heat; let cool. Do not drain.
- 2** Transfer cooled beans and the cooking liquid to a blender or food processor. Add lime juice, garlic, and pepper. Cover and blend until smooth. Season with salt; pulse to combine.
- 3** Transfer hummus to a bowl. Stir in cilantro. Cover and chill until ready to serve.