

## Red Kidney Bean Hummus (Without Tahini)

**PREP TIME**1 minute , **COOK TIME:** 3 minutes, **TOTAL TIME:** 3 minutes

If you're looking for a delicious snack or appetizer that's ready in less than 5 minutes, then this quick and easy hummus recipe is a perfect choice.

### Ingredients

- 2 cups Red kidney beans or 2 cans 15oz (400g)
- Garlic - 3 cloves
- Olive oil or vegetable oil- 6 tablespoons
- Apple cider vinegar or vinegar - 2 tablespoons
- Birdseye chill peppers (optional) - 3, half for the hummus and half for garnish
- Salt (optional) - half a teaspoon

### Instructions

1. Open the can of kidney beans and drain the water using the colander
2. Add the kidney beans to the blender along with 3 cloves of garlic, 6 tablespoons of olive oil, 2 tablespoons of apple cider vinegar and 1 and half birdseye chilli peppers (optional) and half a teaspoon of salt (optional)
3. Blend the mixture for 2 to 3 minutes until you reach the desired texture
4. Use a spoon or spatula to serve into a bowl
5. Cut a chilli to use as garnish for on top of the hummus
6. Serve alongside your preferred side, for example pitta, breadsticks, tortilla chips or sticks of carrot or cucumber

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**CUISINE:** Middle Eastern / **CATEGORY:** Side Dish