



LEGACY FARMS, LLC **Southern Soy® Hummus**

**Prep Time:** 1 hour

Yield: 2 cups

Servings: 8 (4 Tablespoons per serving)

### Ingredients:

- 2 cups over-cooked Southern Soy® or Soylicious® yellow soybeans (either variety will work great)
- ½ teaspoon of baking soda
- ¼ cup lemon juice
- 2-3 medium-to-large cloves of garlic - chopped
- ½ teaspoon fine sea salt
- ½-1 cup of tahini (make your own or buy at the store)
- 2-4 tablespoons ice water
- ½ teaspoon of ground cumin

### Directions:

#### Getting Ready:

- Cook soybeans with baking soda in an Instant Pot or on the stove top until very mushy/over-cooked/falling apart (see directions on the B&B website under Cooking Techniques).



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## Cooking Techniques

I usually pre-cook and freeze my soybeans, but you can cook the day of or the day before and refrigerate until you are ready to make your hummus.

- Fill a cup with ice with ½ of water and set aside (to use later).
- Before you start, make the tahini in a small processor. (See B&B May 2021 tahini recipe). You can also purchase tahini to use in this recipe. Both are tasty!

**STEP 1:**

- Place **cooked** soybeans in a pot of hot water on the stove and bring to a boil. Stir, reduce heat to low and let set on the stove until ready to use. This is an important step. It is the trick to an extra smooth and fluffy hummus!

**STEP 2:**

- In a small processor (mine is 3 cups) combine the lemon juice, garlic, and salt. Process for several minutes, until the garlic is very finely chopped.
- Let the lemon juice/garlic/salt mixture rest for 15 minutes to allow the flavors to blend.
- You may want to pour the mixture into a larger processor or blender to let the lemon juice/garlic/salt mixture rest if you started with a small processor.

**STEP 3: Mix it up! *It's the little things that count.***

- Add tahini to the lemon mixture and blend until thick and creamy light yellow. Stop the processor to scrap the sides as needed during processing.
- While running the food processor, drizzle in 2 tablespoons of ice water.
- Scrape down the sides of the processor and blend until the mixture is ultra-smooth, pale, and creamy. (NOTE: if your tahini was extra-thick you might need to add 1-2 tablespoons more ice water)

**STEP 4: Here comes the protein! Strain & mix in the beans.**

- Strain the soybeans and rinse with cool water.
- Add half the drained, overcooked soybeans to the food processor.
- Add half the cumin, top with the remainder of the soybeans, and cumin.
- While blending, gradually drizzle the olive oil into the processor.
- While blending, stop the processor and scrap down the sides as needed.
- Blend for up to 5 minutes until the mixture has a very creamy texture.
- Taste and adjust for flavor. You can add a little more salt, lemon juice, or a little cayenne if you want a little spice in your hummus.
- Scrape the hummus into a zip lock bag or storage container with a tightly sealed lid and refrigerate until ready to use.

**Serving Suggestions: Make it your own! ENJOY!**

- Create hummus shooters with veggies for a fun easy to serve option for large groups.
- When serving in a dish, use a spoon to create little swooshes on top (like meringue on a pie).

- Drizzle with a tiny amount of olive oil and sprinkle with chopped roasted garlic, whole soybeans, chopped fresh parsley or basil, ground paprika, or even a mild chili sauce.
- Serve with chopped fresh vegetables (carrots, turnips, celery, etc.).
- Serve with pita chips.

Fresh hummus made with vegetable soybeans and lemon juice keeps well for up to two weeks covered in an air-tight container in a refrigerator.

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b>	48 g	<b>Total Fat</b>	9.2g 14%	<b>Total Carbohydrates</b>	6g 2%
1 serving (1.7 oz)		Saturated	1.3g 6%	Dietary Fiber	2g 6%
		Trans Fat	0g	Sugars	0g
<b>Calories</b>	112	<b>Cholesterol</b>	0mg 0%	<b>Protein</b>	5g 9%
From fat	77	<b>Sodium</b>	244mg 10%		
<i>HappyForks.com</i>		<b>Calcium</b>	8% • <b>Iron</b>	<b>Vitamin A</b>	0% • <b>Vitamin C</b>
		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			