

# Beans, Rice And Everything Nice

## Black Olive Hummus



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

2 cups cooked or canned chickpeas, drained and rinsed

1-2 cloves garlic

1 teaspoon ground cumin

1 Tablespoon tahini (optional)

1 125 ml (4 ounce) can sliced black olives, drained, liquid reserved

2 Tablespoons red wine vinegar  
water as needed

1. Place the chickpeas, garlic, cumin, tahini, black olive liquid, and red wine vinegar in a food processor. Process until smooth. Add water a tablespoon at a time if the mixture seems too thick. Add the black olives and pulse until the olives are chopped and evenly distributed throughout the hummus.
2. Serve as a dip with cut veggies, rice crackers, in wraps or sandwiches, on potatoes, spread on flat bread, or even as a salad dressing.