

Beans, Rice And Everything Nice



Caramelized Onion Hummus

original recipe by
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Ingredients

1 recipe [Caramelized Onion](#)
1 teaspoon dried rosemary, crumbled
1 clove garlic, coarsely sliced
1/3 cup lemon juice (juice of one lemon)
2 cups of cooked or canned chickpeas,
drained and rinsed
1 Tablespoon tahini, optional
1/4 teaspoon salt, optional
water as needed

1. Start by making the recipe for caramelized onion. Add in the 1 teaspoon of crumbled rosemary when you add in the balsamic vinegar. Stir to combine. Allow to cool slightly. Set aside 1/3 cup of the onions. Add the rest to the food processor. Coarsely slice the garlic, and add to the food processor. Slicing the garlic is optional, but I like to do this to ensure that the garlic gets thoroughly blended into the hummus. Juice the lemon, and add to the food processor. Puree until smooth.
2. Add the chickpeas, tahini, and salt, if using. Puree until smooth, adding water a tablespoon at a time as needed. Once or twice, stop the processor and scrape down the sides. Continue to process until all the ingredients are incorporated.
3. Dice the 1/3 cup of onions that were set aside in step one, and add to the food processor. Pulse a few times to evenly distribute the onions throughout the hummus.