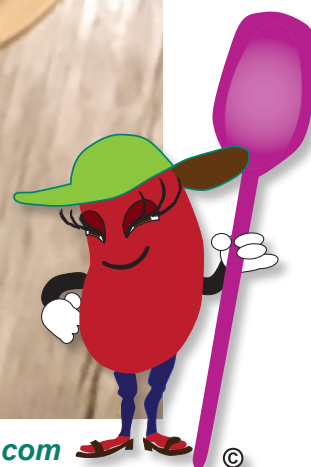


# Beans, Rice And Everything Nice

## Carrot Hummus



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

### Ingredients

*makes 4 cups*

3 large carrots, peeled, cut in 2 cm  
(a little under 1 inch) slices

1 cup water

juice of 1 lemon

1 clove garlic

3 cups cooked or canned chickpeas

1 Tablespoon ground coriander seed

1 teaspoon ground cumin seed

1/2 teaspoon salt (optional)

1-2 tablespoons tahini

1. Place the sliced carrots and 1 cup of water in a saucepan, cover, and bring to a boil over medium-high heat. Reduce heat to medium and simmer for 10 minutes, until the carrots are very soft. When cooked, drain the carrots and reserve the cooking water.
2. Add the boiled carrots, lemon juice, and garlic clove to a food processor and process until smooth.
3. Add the beans, spices, and tahini and process until smooth, stopping to scrape down the sides as needed.
4. Add the reserved carrot cooking water a little at a time and continue processing until the desired consistency is reached. Depending on how much cooking water is left, you may need to add more regular water as well.