



LEBANON

LUNCH

PRINTABLE RECIPE PDF

Lebanese Hummus

Hummus is a staple of Lebanese cuisine and has been enjoyed for centuries across the Levant region. Its origins are often debated, but it embodies the tradition of

PREP

10 min

COOK

0 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1 cup** cooked chickpeas - or canned, drained and rinsed
- **2 tablespoons** tahini - sesame paste
- **2 tablespoons** fresh lemon juice - about 1 lemon
- **1 clove** garlic - peeled
- **2 tablespoons** extra virgin olive oil - plus more for serving
- **1/2 teaspoon** ground cumin - optional for flavor
- **1/4 cup** water - adjust for desired consistency
- **to taste pinch** salt - for seasoning
- **1 teaspoon** paprika - for garnish

WHY THIS WORKS

About this recipe

A printable Lebanese Hummus recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Hummus is a staple of Lebanese cuisine and has been enjoyed for centuries across the Levant region. Its origins are often debated, but it embodies the tradition of sharing food and hospitality in Lebanese culture, typically

ORIGIN & TRADITION

Mediterranean context

Hummus is a staple of Lebanese cuisine and has been enjoyed for centuries across the Levant region. Its origins are often debated, but it embodies the tradition of sharing food and hospitality in Lebanese culture, typically served as part of a mezze platter.

METHOD

Step-by-step instructions

1

In a food processor, combine the cooked chickpeas, tahini, lemon juice, garlic, olive oil, ground cumin (if using), and salt.

2

Blend until smooth, adding water gradually to achieve your desired creamy consistency.

3

Taste and adjust salt or lemon juice as necessary.

4

Transfer the hummus to a serving dish, create a small well in the center, and drizzle with additional olive oil. Sprinkle paprika on top for garnish.

CHEF'S TIP

For an ultra-smooth texture, peel the chickpeas before blending.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	15 g
Protein	8 g	Fiber	6 g
Carbohydrates	24 g	Sodium	300 mg

SERVING SUGGESTION

Serve with warm pita bread and an assortment of fresh vegetables like carrot sticks, cucumber slices, and bell pepper strips for dipping.

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