

# Easy Hummus

Makes: 1½ Cups



*Easy and delicious!!*

## Gather Ingredients

- \* 1 (15 ounce) can garbanzo beans
- \* ½ cup sun-dried tomato salad dressing
- \* 1 teaspoon minced garlic  
Garlic from a jar is easier to use.
- \* 1 bag baked pita chips

## Gather Equipment

Put a paper towel on your cooking area to catch spills.

- \* Electric blender
- \* Colander
- \* Can opener
- \* 1 wooden spoon
- \* Measuring spoons
- \* 1 liquid measuring cup
- \* 1 small serving bowl
- \* 1 large serving bowl

## Cooking Directions

### **Combine Hummus Ingredients**

1. **Put** colander in sink.
2. **Open** (15 ounce) can garbanzo beans.
3. **Pour** beans into colander. **Let** water drain.
4. **Rinse** beans under cold water in sink. **Let** water drain out.
5. **Pour** beans into electric blender.
6. **Measure** ½ cup sun-dried tomato dressing in liquid measuring cup.
7. **Pour** dressing into electric blender.
8. **Measure** 1 teaspoon minced garlic. **Add** to electric blender.

### **Mix Hummus**

1. **Put** cover on blender. **Keep** one hand on blender cover.
2. **Mix** for 30 seconds. Count to 30.

### **Serve Hummus and Chips**

1. **Empty** hummus into small serving bowl.
2. **Pour** chips into large serving bowl.

~ ENJOY!! ~

\* *When you finish cooking:*

1. Put your ingredients and equipment away.
2. Wash and put your dishes away.
3. Wipe your cooking area clean.