

Cooking Lady's

Butterbean Humus

Ingredients
1 ½ pounds butter beans
¼ cup olive oil
¼ cup lemon juice
¼ cup water
3 cloves garlic
½ cup tahini
1 teaspoon salt

What To Do:

Place half of the butter beans into a food processor and add about a tablespoon of olive oil then process. Add the other half of butter beans, lemon juice, water and about another tablespoon of olive oil and process again for about 15-seconds. Add garlic, tahini, salt and more water and/or olive oil if needed then process until smooth.