

Hummus

Meal Components: Meat / Meat Alternate

Salads, Side Dishes, Snacks, E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 1/2 qt (4 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 1/4 cups		1 qt 2 1/2 cups	
Peanut butter	1 1/2 lb	2 1/2 cups	3 lb	1 qt 1 cup	2. Spread 5 lb 1/2 oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2
OR	OR	OR	OR	OR	
Tahini	1 1/2 lb	2 1/2 cups	3 lb	1 qt 1 cup	
OR	OR	OR	OR	OR	
Sunflower seed butter	1 1/2 lb	2 1/2 cups	3 lb	1 qt 1 cup	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Water		3 1/4 cup		1 qt 2 1/2 cups	
Ground black or white pepper		1 Tbsp		2 Tbsp	

3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service.
4. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide.

Special Tip:

Serve with pita bread; warning for service - contains peanut butter.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Garlic	17 cloves	34 cloves

Serving	Yield	Volume
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.	<p>50 Servings: about 13 lb 9 oz</p> <p>100 Servings: about 27 lb 2 oz</p>	<p>50 Servings: about 1 gallon 2 ¼ quarts 2 pans</p> <p>100 Servings: about 3 gallons 2 cups 4 pans</p>

Nutrients Per Serving					
Calories	182	Saturated Fat	1 g	Iron	1 mg
Protein	7 g	Cholesterol		Calcium	37 mg
Carbohydrate	22 g	Vitamin A	21 IU	Sodium	301 mg
Total Fat	8 g	Vitamin C	8 mg	Dietary Fiber	4 g