



## Spiced Kale Hummus

Yield: 2 Qrts (16 servings)

[www.lachellecunningham.com](http://www.lachellecunningham.com)

### INGREDIENTS

1 bunch of kale (5-8 stalks) leaves  
(washed, stems removed, chopped  
& blanched)

1 Tbsp cooking oil

1 small tomato, diced

½ Onion, diced

2 Garlic cloves, minced

1-2 tsp Berbere Spice

Salt & Pepper to Taste

One (15 oz) can chickpeas  
(garbanzo beans), drained

1 tsp baking soda

4 cups salted water for boiling

1/4 cup fresh lemon juice, about 1  
large lemon

1/4 cup tahini or pureed sesame  
seeds

1 garlic clove, minced

2 tablespoons olive oil, plus more  
for serving

Salt & Pepper to Taste

### DIRECTIONS

1. In a saucepan, heat oil over medium heat, add onion & sauté about 10-15 minutes until very soft & translucent.
2. Add garlic & cook for 3-5 minutes until garlic is toasted & mixture is very soft & fragrant.
3. Add tomatoes & Berbere spice & cook until mixture boils.
4. Reduce heat & simmer for 10 min.
5. Add kale & sauté 15-20 minutes until greens are tender & all excess liquid is evaporated from the pan.
6. Season with salt, pepper to taste, adding more Berbere spice if more spiciness is desired.
7. Drain the mixture of any excess liquid & allow to cool.
8. Put mixture in a food processor & process until chopped but not minced or too mushy. Remove mixture from food processor into a bowl & set aside.
9. Place chickpeas in salted water with baking soda & bring to a boil.
10. Drain & immediately (while the chickpeas are still hot) combine with the lemon juice, tahini, garlic & olive oil in a food processor & process until smooth.
11. Reserve 1 tbsp of the chopped kale & set aside.
12. Add the remaining kale to the food processor & pulse a few times.
13. Remove mixture to a bowl, stir & season to taste.
14. Garnish with olive oil, reserved chopped kale & fresh cracked pepper.
15. Serve with tortilla chips, breads & fresh veggies.

*Chips provided by Whole Grain Milling, Welcome, MN*

[www.wholegrainmilling.net](http://www.wholegrainmilling.net)