

Roasted Red Pepper Hummus

Creamy roasted red pepper hummus with smoky flavor. Easy homemade recipe with tahini, chickpeas, and vibrant peppers. Perfect healthy dip!

10	10	4	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 15.5 oz chickpea
- 2 bell pepper
- 3 clove garlic
- 3 tbsp tahini
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 tsp cumin
- 2 tbsp parsley
- 1 tbsp sesame
- 1 tsp paprika

Instructions

- 1 Prepare the chickpeas**

Drain and rinse the 15.5 oz chickpeas in a fine-mesh strainer until the water runs clear. Pat them completely dry with paper towels to remove excess moisture.
- 2 Process the aromatics**

Add 3 garlic cloves to a food processor and pulse 8-10 times until finely minced. Add the 2 roasted red peppers and pulse 5-6 times until roughly chopped into small pieces.
- 3 Add remaining ingredients**

Add the dried chickpeas, 3 tablespoons tahini, 2 tablespoons lemon juice, 2 tablespoons olive oil, 1 teaspoon cumin, 2 tablespoons smoked paprika, and 1 teaspoon salt to the food processor with the garlic and peppers.
- 4 Blend to smooth consistency**

Process continuously for 2-3 minutes until the mixture is completely smooth and creamy. Stop and scrape down the sides of the bowl every 30-45 seconds to ensure even blending.
- 5 Check the consistency and add 1 tablespoon of cold water if the hummus is too thick, then process for another 30 seconds until the desired creamy texture is achieved.**
- 6 Taste and adjust seasoning by adding more salt, lemon juice, or cumin as needed, processing briefly after each addition to incorporate.**

7 Serve

Transfer the hummus to a serving bowl and use the back of a spoon to create a shallow well in the center. Drizzle with the remaining 1 tablespoon olive oil and dust lightly with additional smoked paprika if desired.

Tips

Roast Your Own Peppers: For the best flavor, roast fresh red bell peppers yourself. Char them under the broiler until the skin is blackened, then steam in a covered bowl for 15 minutes before peeling off the skin.

Warm Chickpeas for Creaminess: Use chickpeas straight from cooking or warm canned chickpeas slightly before blending. This helps achieve a smoother, creamier texture in your final hummus.

Quality Tahini Matters: Invest in good-quality tahini and stir it well before using, as the oil naturally separates. Well-mixed tahini creates a smoother, more flavorful hummus.

Add Liquid Gradually: Start with less liquid than you think you need and add more gradually while processing. This prevents the hummus from becoming too thin and gives you better control over consistency.

Let Flavors Develop: Allow your finished hummus to rest in the refrigerator for at least 30 minutes before serving. This resting time helps the flavors meld and develop complexity.

Storage Secret: Store hummus with a thin layer of olive oil on top to prevent it from drying out in the refrigerator. Simply stir the oil back in before serving.

Serving Temperature: Serve hummus at room temperature for the best flavor and texture. Remove from refrigerator 15-20 minutes before serving and give it a good stir.