



A Nutrition Resource

Hummus

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- 1 cup dried chickpeas (Montana grown if available)
- 2 cloves garlic
- 1½ teaspoon salt
- 4 cups water
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ cup tahini (optional)
- ½ teaspoon ground cumin

Directions:

- 1) Wash hands and clean surfaces.
- 2) Rinse dried chickpeas under cold water and drain well.
- 3) Add chickpeas, whole cloves of garlic, salt, and water into the pressure cooker.
- 4) Lock on the lid and turn vent knob to seal position.
- 5) Set pressure cooker to high setting for 60 minutes.
- 6) Allow pressure cooker to natural release for 20 minutes then manually release any remaining steam.
- 7) Open lid carefully.
- 8) Drain chickpeas, leaving one cup of liquid with the chickpeas.
- 9) Pour into a blender and add lemon juice, cumin, tahini, and olive oil to chickpeas.
- 10) Blend mixture until smooth.
- 11) Serve immediately or store in an airtight container in the fridge for 4-6 days.

Nutrition Facts

Amount per	
1 serving (5.8 oz)	166 g
Calories 216	From Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.8g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 462mg	19%
Total Carbohydrates 19g	6%
Dietary Fiber 5g	18%
Sugars 3g	
Protein 8g	16%
Vitamin A 1% • Vitamin C 3%	
Calcium 9% • Iron 14%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Tips:

- Chickpeas, also known as garbanzo beans, are a type of legume. Legumes, which include beans, peas, and lentils, are an excellent source of protein and many essential nutrients. Try swapping chickpeas (or a different legume) in as your protein on salads, sandwiches, and soups to not only add diversity to your diet, but a wider variety of nutrients!
- Did you know that Montana is the number one producer of chickpeas in the United States, making up 35% of the total chickpea production in the US? Montana is also a major producer of other legumes, including peas and lentils. Look in your local grocery store for Montana grown legumes to help support the Montana food production economy.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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