



## Purple Beet Hummus

Beets lend a deep purple color to this tangy, slightly sweet hummus.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training  
 Grant for School Meal Recipe Development  
*Pennsylvania Department of Education*

**Preparation Time:** 1 hour

**Cook Time:** 35 minutes

**NSLP/SBP crediting information:**

½ cup provides 1 oz equivalent meats/meat alternates, ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garbanzo beans, low sodium, canned, drained	8 lb	1 gal 1 qt 2 cups	16 lb	2 gal 3 qt	<ol style="list-style-type: none"> <li>1. Drain garbanzo beans well.</li> <li>2. Wash beets well, scrubbing gently with a produce brush. Pat dry well. Do not peel. Rub each beet with ⅛ tsp soybean oil.</li> <li>3. Preheat oven to 400 °F. Cover a full sheet pan with parchment paper.</li> <li>4. Distribute oiled beets evenly on pan. Roast for 25-35 minutes or until al dente. The beets are ready when able to be punctured with a paring knife and the skin is blistered.</li> <li>5. Use the back of a paring knife to scrape the skin away.</li> </ol>
*Beet root, whole, topless	6 lb 10 oz	3 qt	13 lb 4 oz	1 gal 2 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6. Cut beets into 2-inch chunks.
Lemon juice		$\frac{2}{3}$ cup		1 $\frac{1}{3}$ cup	7. Process the hummus in multiple batches in a food processor, combining ingredients in these quantities: 1 qt 2 $\frac{1}{4}$ cup garbanzo beans, 1 qt 2 cups roasted beets, $\frac{1}{3}$ cup lemon juice, 2 Tbsp soybean oil, 1 $\frac{1}{2}$ tsp garlic powder, 1 $\frac{1}{2}$ tsp onion powder, and $\frac{1}{2}$ tsp cumin.
Soybean oil, divided		1 $\frac{1}{2}$ tsp $\frac{1}{4}$ cup		1 Tbsp $\frac{1}{2}$ cup	8. Begin at low speed, gradually increasing to high or the puree setting. Continue processing until hummus reaches a smooth, creamy texture, pausing occasionally to scrape the sides with a spatula. Allow to process for 20-25 minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Cumin		1 tsp		2 tsp	9. Serve $\frac{1}{2}$ cup (No. 8 scoop) with carrots, celery, or whole grain tortilla chips. Store in the refrigerator. <b>Critical Control Point:</b> Hold hot for service at 135 °F or higher.



# PURPLE BEET HUMMUS NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>141</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0.2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>149 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	4.5 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>5 g</b>
Vitamin A	N/A
Vitamin C	2 mg
Vitamin D	N/A
Calcium	6 mg
Iron	0 mg
Potassium	107 mg

N/A=data not available.

## \*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Beets	6 lb 10 oz	13 lb 4 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

A large beet measures approximately 3 ½ inches in diameter and weighs approximately 10.2 ounces. To yield 3 qt of beet chunks, approximately 11 beets of this size are needed.

Cooking Process #3: Complex

## YIELD/VOLUME

50 Servings	100 Servings
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant