



Beet Hummus

A non-traditional spin on chickpea hummus, using roasted beets to create a vibrant color.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Washington State Office of Superintendent of Public Instruction, on behalf of Bellingham Public Schools

Preparation Time: 1 hour 15 minutes

Cook Time: 15 minutes

NSLP/SBP crediting information:

3 oz scoop provides

Crediting legumes as Meats/Meat Alternates: 1 ¼ oz equivalent meats/meat alternates.

Or

Crediting legumes as Vegetables: ⅛ cup additional vegetable, ¼ cup beans and peas (legumes).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beets, fresh, whole, greens removed	1 lb 9 oz		3 lb 2 oz		<ol style="list-style-type: none"> 1. Preheat combi oven to 325 °F at 100% humidity/steam. 2. Trim ¼” from beet top and bottom. Cut beets into quarters. 3. Place trimmed beets and water in a 4” full-size hotel pan. Cover and roast for 45 minutes or until tender. 4. While beets are still warm, remove skins. Reserve beet roasting water and set aside for use in step 8. For 50 servings, use ¼ cup For 100 servings, use ½ cup
Water	8 oz	1 cup	1 lb	2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					Set aside peeled beets for use in step 9.
Garlic, fresh, minced	2 oz	¼ cup 2 tsp	4 oz	½ cup 1 Tbsp 1 tsp	5. In a small sauce pot, bring water and minced garlic to a boil over medium-high heat. Once boiling, remove from heat and allow garlic to steep in water for 10 minutes.
Water	4 oz	½ cup	8 oz	1 cup	6. Strain the garlic and reserve the cooking water. Set aside cooking water for use in step 8 and poached garlic for use in step 9.
Chickpeas or garbanzo beans, dry, whole, cooked or canned, drained	6 lb 8 oz	1 gal	13 lb	2 gal	7. Drain cooked or canned chickpeas and reserve water. Set aside cooking water for use in step 8 and chickpeas for use in step 9.
Lemon juice, fresh		¼ cup		½ cup	
Chickpeas or garbanzo beans cooking water (reserved from drained canned beans or cooking liquid)	14 oz	2 ⅞ cups	2 lb 4 oz	1 qt ¼ cup	8. Combine liquid ingredients (beet water, garlic water, chickpea water, and lemon juice) in a large pitcher For 50 servings, use 1 qt minimum capacity. For 100 servings, use 2 qt minimum capacity.
Cumin, ground	3/5 oz	⅛ cup	1 1/5 oz	¼ cup	9. Add chickpeas, roasted beets, garlic, cumin, cinnamon, chili flakes, and salt to bowl of food processor. Pulse until coarse.
Cinnamon, ground	1/5 oz	1 Tbsp	2/5 oz	2 Tbsp	10. Add combined liquid slowly while processing, stopping processor and scraping sides of bowl as needed. Continue to process mixture until smooth, approximately 2 minutes.
Chili flakes		1/16 tsp		⅛ tsp	11. Transfer puree to a 2" full-sized hotel pan.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, kosher		1 ½ tsp		1 Tbsp	<p>Critical Control Point: Cool uncovered in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Cold hold at 40 °F or lower for service.</p> <p>12. Using a No. 10 scoop, serve 3 oz alongside carrots, cucumbers, cherry tomatoes, and/or pita bread.</p>



BEET HUMMUS
NUTRITION INFORMATION

For 3 oz serving

NUTRIENTS	AMOUNT
Calories	86
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrates	14 g
Dietary Fiber Total	4 g
Sugars	3 g
Added Sugars included	0 g
Protein	4 g
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Vitamin A	5 mcg RAE
Vitamin C	0 mg
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	105 mg

N/A=data not available.

NOTES

If all ingredients don't fit in the food processor at one time, divide into equal weight batches and process separately.

Tips for Soaking Dry Beans

Overnight Method – Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Drain and discard water after soaking overnight. Proceed with recipe.

Quick-soak Method – Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Drain and discard water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have soaked (overnight or quick-soak), add 1 ¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted to vent until beans are tender, about 2 hours. Drain and discard water. Use cooked beans immediately.

Critical Control Point

Cool beans to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

Cooking Process #3: Complex

YIELD/VOLUME

50 Servings	100 Servings
About 9 lb 6 oz	About 18 lb 12 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

