

Soybean Hummus

INGREDIENTS FOR 2 PEOPLE

- 200 grams of dried soybeans, soaked and boiled.
- 4 teaspoons of extra virgin olive oil.
- About half a small garlic clove (if desired).
- Half a lemon (juice).
- Sweet paprika to taste.
- Chopped parsley to taste.
- 1 teaspoon of tahini (if desired).
- A pinch of chili flakes (if desired).
- Sesame seeds to taste.

PREPARATION

- Soak the soybeans for 24 hours.
- Drain and boil them in plenty of water for about 2 hours.
- Toast the sesame seeds for a few minutes in a non-stick pan.

PROCEDURE

- Place the boiled soybeans in a food processor with 2 or 3 tablespoons of cooking water, a pinch of salt, paprika, and chopped parsley.
- Season with 3 teaspoons of extra virgin olive oil, lemon juice, half a garlic clove (if desired), and a tablespoon of tahini if you like, but it's not essential.
- Close the food processor and blend until you get a creamy texture; if it's too thick, add another tablespoon of water.
- Put the hummus in a bowl, decorate with sesame seeds, and a teaspoon of olive oil.