



# Pinto bean hummus

15'  
Hands on

30'  
Cook Time

10-12  
Portion(s)

1  
Difficulty



## Method

- In a **pot** with boiling water, add the beans and boil for 30 minutes.
- Drain and transfer the beans into a food processor.
- Add the cumin, paprika, oregano, lemon zest and juice, olive oil, tahini, salt, pepper, and beat for 1-2 minutes until the ingredients are dissolved.
- Cut the sandwich bread lengthwise and spread 1-2 tablespoons of the hummus. Add the turkey, cherry tomatoes, salt, pepper, olive oil, spinach leaves, and serve.
- Alternatively, serve the hummus with the carrot and the cucumber cut into strips, along with the breadsticks.

## Ingredients

- 600 g pinto beans
- 1/2 teaspoon(s) salt
- 1 clove(s) of garlic, (optional)
- 1 teaspoon(s) cumin
- 1 teaspoon(s) paprika, sweet
- 1 teaspoon(s) oregano
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 150 g olive oil
- 150 g tahini
- salt
- pepper

To serve

- bread
- 4 slices turkey
- 10 cherry tomatoes
- salt
- pepper
- 1 teaspoon(s) olive oil
- spinach, leaves
- 2 carrots
- 2 cucumbers
- [multi-grain breadsticks](#)

## Διατροφικός πίνακας

Nutrition information per portion

347 Calories (kcal)	21.0 Total Fat (g)	3.1 Saturated Fat (g)	23.0 Total Carbs (g)
17%	30%	16%	9%
1.5 Sugars (g)	14.0 Protein (g)	5.5 Fibre (g)	0.15 Sodium (g)
2%	28%	22%	3%