

Mung Bean Spread

A nice alternative to hummus.

Categories

Gluten-free

Yields: 10 servings

Preparation time: 5 mins

Cooking time: 20 mins

Category: Dips and spreads

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Mung beans, cooked from dried	1.5 cup
Tahini (sesame butter)	0.5 cup
Water	0.5 cup
Lemon juice, fresh	2 tablespoons
Turmeric, ground	1 teaspoon
Cumin, ground	0.5 teaspoon
Salt, sea salt	0.5 teaspoon
Black pepper, ground	0.5 teaspoon
Sumac spice	1 item
Dill weed, fresh	3 sprigs

Instructions

Soak mung beans overnight.

1. Steam or boil soaked mung beans for about 20 - 30 minutes or until soft.
2. In a blender combine mung beans and remaining ingredients except sumac and dill weed. Mix until smooth. Add water as needed.
3. Garnish with suman and/or dill weed.

Can be stored in refrigerator for up to one week.