



Recipe Details

Recipe Name - Chunky Queso Hummus with Cucumber Chips

Recipe Steps -

Ingredients

- 1 English cucumber
- 1 can/box chickpeas, drained and rinsed
- 1 can 10 oz Rotell
- 1/4 cup nutrition yeast
- 1 tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp miso paste
- 1 tsp tamari

Instructions

1. Slice English cucumber into chips
2. Place chickpeas, juice from the can of Ro-Tel (reserve the tomatoes and chilis), nutritional yeast, chili powder, onion powder, garlic powder, miso, and tamari in a food processor and process until smooth (about 30 seconds)
3. Once processed, add reserved tomatoes and chilis, and stir with a spoon to incorporate
4. Enjoy with sliced cucumber chips

Calories - 87

Number of servings - 10

