

Hummus

MEAT/MEAT ALTERNATIVE					SALADS	
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Canned garbanzo beans (chickpeas), drained	8 lb., 8 oz. (3.9 kg)	5 qt., 1 cup (2 No. 10 cans)	17 lb. (7.8 kg)	2 gal., 2 1/2 qt. (4 No. 10 cans)		
Frozen lemon juice concentrate, reconstituted		3 1/4 cups (770 ml)		1 qt., 2 1/2 cups (1.5 L)		
Peanut butter OR Tahini OR Sunflower seed butter	11/2 lb. (0.7 kg)	2 1/2 cups (592 ml)	3 lb. (1.4 kg)	1 qt., 1 cup (1.2 L)		
Garlic cloves, peeled	5 oz. (142g)	1 cup (237 ml), 1 tbsp.	10 oz. (284g)	2 cups (473 ml), 2 tbsp.		
Water		3 1/4 cup (770 ml)		1 qt., 2 1/2 cups (1.5 L)		
Ground black or white pepper		1 tbsp.		2 tbsp.		
Serving: 1/2 cup (No. 8 scoop) provides 2 oz. equivalent meat/meat alternative			Yield: 50 servings: about 13 lb., 9 oz. (6 kg) 100 servings: about 27 lb., 82 oz. (12 kg)			

Special tip: Serve with whole-wheat pita bread.

Warning for service: This recipe contains peanut butter.

NUTRIENTS PER SERVING					
Calories	182	Saturated fat	1.44g	Iron	1.38 mg
Protein	7.49g	Cholesterol	0 mg	Calcium	37 mg
Carbohydrate	22.37g	Vitamin A	21 IU	Sodium	301 mg
Total fat	7.90g	Vitamin C	7.7 mg	Dietary fiber	4.4g

Tested 2006.

Adapted from the USDA/National Food Service Management Institute. www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf