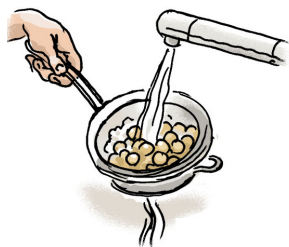


You will need: a strainer; a food processor; one 15-ounce can of chickpeas, also known as garbanzo beans; one medium garlic clove, smashed and peeled; one big spoonful (about 1/4 cup) of tahini; water; one medium lemon, cut in half; salt; extra-virgin olive oil; ground cumin and paprika (optional)

Step
1



Strain and rinse the beans under cool water in the sink.

Step
2



Fit the food processor with the blade attachment and put the beans in the bowl along with the garlic, tahini, and a 1/4 cup of water.

Step
3



Over the bowl of the food processor, squeeze one lemon half into your hand, catching the seeds and letting the juice fall between your fingers. Reserve the other lemon half for later.

Step
4



Add a big pinch of salt, a generous drizzle of olive oil, and any optional spices. Blend until smooth.

*From the store to the kitchen to the table: We outline the steps that get you from raw ingredients to your dinner tonight, free of measurements and complicated techniques. It's a method you'll remember and whip out whenever you like. It is the most basic way to make the thing you're making.

Illustrations by Bill Russell. Find this online at www.chow.com/stories/12193.

Step
5



Check the consistency of the hummus and add more water if it's not creamy enough. Taste and add more salt, spices, or lemon juice if desired, then blend again.

Step
6



Place in a serving bowl, top with a drizzle of olive oil, and serve with vegetables, chips, or toasted pita bread for dipping.

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