

This is a Cuisinart™ Electric Pressure Cooker Recipe (with some modifications that I have made) It is a very easy way to cook beans. You can use any method that you want to cook the beans to a soft state. If you are going to use a Pressure Cooker and don't have one already, I recommend the Cuisinart for its ease of use and Safety.

1 cup garbanzo beans (chickpeas)  
4 cups water

1 tablespoon fresh parsley leaves  
2 small garlic cloves  
3 tablespoons tahini (smooth blend of sesame seeds, (like nut butter) (stir separation well first) hint: (store leftover in frig., for next batch :-))

1 teaspoon kosher salt or Real salt  
2 tablespoons lemon juice

optional: 1 inch of fresh jalapeño pepper, ½ to ¼ bell pepper, 1 Tbls. Onion  
1 Tablespoon Raw Apple Cider Vinegar

5 tablespoons water  
¼ cup olive oil, cold pressed virgin, (not cold processed)

Place garbanzo beans and water in the cooking pot of the Cuisinart™ Electric Pressure Cooker. Lock lid in place. Select High Pressure. Set timer for 40 minutes. When audible beep sounds use Natural Pressure Release to release all of the pressure. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse. Test garbanzos; if still firm, select Simmer and cook until they reach soft consistency.

Strain water off of garbanzo beans and put beans into a food processor with metal chopping blade or powerful blender pulse and ...  
add Garlic cloves, tahini, salt, lemon juice  
add optional ingredients  
chop, blend, mix together then add olive oil and water, process till smooth.

We serve with pita, Chips (as a dip), Crackers, or great as a spread before making sandwiches.

Health note: Sesame Seeds are very high in Calcium and vitamin T is great for your teeth