

Cook chick-peas according to preferred method. (See "Basic Methods for Cooking Beans and Other Legumes.")

Combine cooked chick-peas, bean liquid and water, garlic, lemon juice, salt and tahini in electric blender and process to a smooth puree. Thin to desired consistency with more bean liquid or water. Serve as a dip or sandwich filling.

Yield: approximately 3 cups

Cook garbanzo beans according to preferred method. (See "Basic Methods for Cooking Beans and Other Legumes.") Drain if desired.

Preheat oven to 350°F. In a large skillet, saute onion, garlic, celery and green pepper in oil until tender. Add tomatoes with their juice, breaking up the tomatoes into smaller pieces. Combine sauteed vegetables with cooked garbanzo beans in a casserole, season with herbs, spices and salt to taste. Bake in preheated oven for 45 minutes to 1 hour.

Yield: 4 to 6 servings

Cook kidney beans according to preferred method. (See "Basic Methods for Cooking Beans and Other Legumes.") Drain and reserve liquid for soup.

Process next seven ingredients in electric blender until pureed. Add kidney beans gradually, working them in with a spatula until they are evenly pureed. Add mayonnaise and continue to blend until it is mixed in evenly.

Serve immediately or refrigerate in closed container. It will keep well for a week.

Yield: approximately 5½ cups

Hummus

- $\frac{3}{4}$ cup chick-peas
- $\frac{1}{2}$ to 1 cup bean liquid and water
- 2 cloves garlic
- 6 to 8 tablespoons lemon juice
- 1 teaspoon salt
- $\frac{1}{2}$ cup tahini
(sesame seed butter)

Mexican Garbanzo Beans

- 1 cup garbanzo beans
- 1 medium-size onion,
chopped
- 2 cloves garlic, minced
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 3 tablespoons oil
- 1 16-ounce can tomatoes
- 1 teaspoon oregano
- 1 teaspoon basil
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{8}$ teaspoon chili powder
- salt to taste

Kidney Bean Dip

- 1 cup kidney beans
- 3 tablespoons tarragon
vinegar
- 2 tablespoons oil
- $\frac{1}{2}$ cup kidney bean liquid
- 1 small onion, peeled
- $4\frac{1}{2}$ tablespoons soy flour
- 1 tablespoon dill seed
- $\frac{3}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups mayonnaise