

Vegan Beet Hummus

Vibrant vegan beet hummus recipe with tahini and chickpeas. Easy 20-minute appetizer that's healthy, colorful, and perfect for parties or snacking.

10 min

PREP

10 min

COOK

20 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Vegan Beet Hummus

Ingredients

- 3 tbsp tahini
- 6.5 oz beet
- 1 clove garlic
- 1 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 tsp salt
- 0.5 tsp black pepper

Instructions

- 1 Prepare the beets**

Fill a medium saucepan with water and bring to a boil over high heat. Cut 6.5 oz beets in half and add to the boiling water with 1 teaspoon salt. Reduce heat to medium-high and cook for 10 minutes until the beets are tender when pierced with a fork.
- 2 Drain the beets**

Drain the beets in a colander and let cool for 5 minutes until cool enough to handle safely. Peel off the skins with your hands or a paring knife - they should slip off easily.
- 3 Process the beets**

Add the peeled beets to a food processor and pulse 8-10 times until roughly chopped. Process continuously for 1-2 minutes until the beets form a smooth, deep red puree.
- 4 Add tahini and oil**

Add 1 tablespoon tahini, 2 tablespoons water, and 2 tablespoons olive oil to the beet puree. Process for 30 seconds until well combined and the mixture lightens slightly in color.
- 5 Add remaining ingredients**

Add 1 clove minced garlic, 1 teaspoon lemon juice, and 1/2 teaspoon salt to the processor. Process for 2-3 minutes until completely smooth and creamy, stopping to scrape down the sides of the bowl every minute.
- 6 Taste and adjust**

Taste and adjust seasoning with additional salt, lemon juice, or water as needed for flavor and consistency. The hummus should be smooth and easily spreadable.
- 7 Serve**

Transfer the beet hummus to a serving bowl and use the back of a spoon to create a shallow well in the center. Drizzle with 1 tablespoon olive oil and serve immediately with fresh vegetables or pita bread.

Tips

For the smoothest texture, remove the skins from the chickpeas by rubbing them with a clean kitchen towel after cooking or rinsing.

Save some of the chickpea cooking liquid (aquafaba) to thin the hummus to your preferred consistency instead of using plain water.

Roast the beets instead of boiling for a deeper, more concentrated flavor - wrap in foil and roast at 400°F for 45-60 minutes.

Let the food processor run for a full 2-3 minutes to achieve the creamiest possible texture, scraping down sides as needed.

Taste and adjust seasonings at the end - beets' natural sweetness may require a bit more lemon juice or salt to balance the flavors.

Chill the hummus for at least 30 minutes before serving to allow flavors to meld and the texture to firm up slightly.

Drizzle with good quality olive oil and sprinkle with paprika, za'atar, or toasted sesame seeds just before serving for an attractive presentation.

If the color isn't as vibrant as you'd like, add a small piece of raw beet and process until you achieve the desired pink hue.