

# ROCKIN' RANCH HUMMUS



**YIELD:** 100 servings

**SERVING SIZE:** 1/3 cup

**PREP TIME:** 20 minutes



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**YIELD:** 100 servings | **SERVING SIZE:** ⅓ cup | **PREP TIME:** 20 minutes

INGREDIENTS	WEIGHT	MEASURE	METHOD
Garbanzo beans (chickpeas), canned	16 lb, 12 oz (about 2 ¾ #10 cans)		1. Drain and rinse garbanzo beans. 2. Place ingredients into a food processor or high-powered blender. <b>CHEF'S NOTE:</b> Divide batch portions equally to meet your equipment size. 3. Blend until smooth. Add additional water if needed.
Yogurt, high protein/Greek, plain, nonfat	4 ½ - 32 oz containers	1 gal, 2 cup	
Water, ice cold (32-35 °F)		1 ¾ cup	
Ranch dressing, powder		¾ cup	
Garlic, granulated		2 Tbsp	
<b>SUGGESTED SERVING:</b> Pita bread, whole grain-rich (2 oz eq)  Assorted vegetables (carrots, peppers, cucumber or tomatoes)		100  100 cup	<b>SUGGESTED SERVING::</b> Place ⅓ cup hummus (#12 scoop) in a small cup and place in a serving boat with 1 cup of assorted vegetables and 2 oz pita bread.

**Meal Components per serving of hummus (does not include pita bread or vegetables):**

0.25 oz eq Meat/Meat Alternate and ¼ cup Legumes, Beans and Peas vegetable subgroup OR 1.25 oz eq Meat/Meat Alternate

**Approximate nutritional contribution per serving of hummus (does not include pita bread or vegetables):**

89 Calories, 0.6 g Fat, <0.1 g Saturated Fat, 0 g Trans fat, 2 mg Cholesterol, 175 mg Sodium, 14 g Carbohydrate, 2 g Dietary Fiber, 1.4 g Sugars, 6 g Protein, 12 IU Vitamin A, 2 mg Vitamin C, 77 mg Calcium, 1 mg Iron.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

\*Other pulses may be used in this recipe. For example, white beans may be used in place of garbanzo beans.

