

# Broccoli Stem Hummus

## Ingredients

4 cups broccoli stems, thinly sliced  
1 gallon water  
¼ cup salt  
½ teaspoon baking soda  
3 tablespoons tahini  
1 tablespoon extra virgin olive oil  
1 clove garlic, minced  
½ teaspoon dried chili flakes  
1 ½ teaspoon salt  
1 tablespoon lemon juice  
½ tablespoon soy sauce

## Method

Bring the water to a boil along with the salt and baking soda.

Blanch the broccoli stems until they are very tender. Remove from water.

Spread broccoli stems on a baking sheet and place in a refrigerator to cool.

Once cooled, combine the rest of the ingredients in a food processor and puree until smooth. Taste and adjust seasoning to your liking.

Will keep for a few days in the fridge, although the green color will fade.

## Notes