



# VERMONT FEED'S FARM TO SCHOOL INSTITUTE

## Broccoli Stem Hummus

Makes 1 quart

### INGREDIENTS

- 4 cups (approx.) broccoli stems, sliced thin
- 1 gallon of water
- ¼ cup salt
- ½ teaspoon baking soda
- 3 Tablespoons tahini
- 1 Tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon dried chili flakes
- 1½ teaspoon salt
- 1 Tablespoon lemon juice
- ½ Tablespoon soy sauce

### DIRECTIONS

1. Bring the water to a boil along with the salt and baking soda. Blanch the broccoli stems until they are very tender and remove from water. Spread on a baking sheet and place in a refrigerator to cool.
2. 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 color will fade.