

Roasted Jalapeño Hummus

Inspired by the spicy jalapeño hummus from Trader Joe's, this homemade version was created for The Inner Table as a vibrant, flavor-packed dish meant for gathering and sharing. Garbanzo beans provide fiber and plant-based protein, while extra virgin olive oil and cilantro deliver antioxidant and anti-inflammatory benefits. Roasted jalapeño adds smoky heat and depth, creating a hummus that feels bold, nourishing, and perfect for meaningful moments around the table.

INGREDIENTS

1 large jalapeño, roasted
2 15 ounce cans garbanzo beans, drained and rinsed
4 lemons, juiced
1/2 cup extra virgin olive oil
1 clove garlic
1/4 cup cilantro, leaves and stems, packed
2 teaspoons salt, or more to taste

STEP 1

Place the jalapeño directly over an open flame and char, turning occasionally, until the skin is blackened on all sides. Transfer to a paper bag and fold the top closed tightly to allow the pepper to steam. Let sit for 20 minutes.

STEP 2

Remove from the bag and use your hands or a paper towel to peel away the charred skin.

STEP 3

Halve the pepper, remove the seeds, and add to a food processor.

STEP 4

Add all other ingredients to the food processor and puree until creamy.

SERVES

8-12

TIME

30 MIN

SHOPPING LIST

1 large jalapeno
2 15 ounce cans
garbanzo beans
4 lemons
1 bottle extra virgin
olive oil
1 head garlic
1 bunch cilantro
salt

EQUIPMENT

Food processor
Small brown bag

STORAGE

Store in air tight
container in fridge up
to 7 days