

## Humus of asparagus peels / asparagus dip

Een recept van mijn vriendin Hanneke de Jonge, Culine.nl



Normally you make a delicious soup of the asparagus peels.

But do you know that you can make a **kind of humus of asparagus peels**? It's very nice!

What you need is a good food processor to be able to puree the peels and pieces well.

**Ingredients:** 750g asparagus peels, 1 pot white beans (360g), 3 tsp tahini (sesame paste), 1 tbsp. lemon juice, 1 clove garlic, finely chopped, 1/2 tsp. cumin powder, salt, pepper, olive oil.

### Preparation:

- Rinse and peel the asparagus.
- Put the peels and the cut pieces from the end of the asparagus, in a large saucepan and place the asparagus on top.
- Pour in water, a pinch of salt and cook for about 20 minutes.
- Remove asparagus and cook the peels and pieces for another 10 minutes.
- Pour off the water and let leak out the peels and pieces.
- When everything has cooled down, squeeze the peels well.
- Cut the pieces small and chop them together with the peels in the food processor.
- Now pour the white beans (with liquid) and add tahini, lemon juice, garlic, cumin powder, pepper and salt.
- Puree until a smooth mass is formed.
- Stir in a little olive oil.

The dip is done.

Enjoy your meal!

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