

BRYANNA'S VERSION OF VEGAN HUMMUS BIL "LAHME" (Hummus with Spicy "Meat" and Nut Mixture)

Serves 8 to 10 as an appetizer (serve at room temperature, if possible)

Hummus (a recipe using 3 cups of chickpeas—I used 1 1/2 times our favourite version, [see recipe here](#))

1 tablespoon olive oil

1 tablespoon vegan butter

1 medium onion, chopped

3 cloves garlic, chopped or crushed

12 ounces vegan hamburger crumbles ([Tofurky now has an organic product](#))

1/2 cup slivered almonds (or pine nuts)

1 teaspoon ground cinnamon

1 teaspoon ground allspice

1/4 teaspoon (or more to taste) of red chile flakes

salt and freshly-ground pepper

Garnish:

about 3/4 cup cooked or canned chickpeas (rinsed and well-drained)

chopped fresh parsley, chives or green onions (green ends only)

Optional:

smoked paprika (hot or sweet)

about 1 cup tangy vegan yogurt OR [Vegan Labaneh](#) (Vegan "Yogurt Cheese") OR [Cashew "Sour Cream" or "Yogurt"](#)

Serve with: pita bread (we like whole wheat)—preferably crisped in the oven a bit.

Spread the freshly-made hummus on a serving platter and set aside.

Heat the oil and butter in a 10 to 12-inch non-stick, cast iron or hard-anodized skillet. Add the onion and sauté over medium-high heat until it softens. Add the garlic and sauté for a minute. Add the hamburger crumbles, almonds and spices. Sauté for several minutes. Taste for salt and pepper.

Distribute the burger mixture over the hummus, but leaving an edge of hummus all around the platter. If you choose to use the yogurt, drop spoonfuls of it over the burger mixture. Sprinkle the cooked chickpeas over the plate. Garnish with the chopped fresh parsley, chives or green onions, and the optional smoked paprika, if you're using it.

Serve with the crisped pita bread as an appetizer or part of a buffet.

Nutrition (per serving): 294.5 calories; 34% calories from fat; 11.8g total fat; 0.0mg cholesterol; 526.9mg sodium; 360.1mg potassium; 31.8g carbohydrates; 9.8g fiber; 2.8g sugar; 22.0g net carbs; 18.9g protein.