

## WHITE BEAN & MUSHROOM HUMMUS

4 ounces (half a carton) sliced baby bella mushrooms, chopped  
3/4 cup dry white wine  
3/4 cup (or less) chicken broth  
1 cup navy beans, cooked (or 1 can navy beans)  
3 large cloves roasted garlic  
grapeseed oil



In a skillet over medium-high heat, saute mushrooms in wine. Allow to reduce. After 10-15 minutes, add chicken broth and one diced clove of roasted garlic and allow to reduce.

When mushrooms have softened and absorbed most of the liquid, blend in a food processor with beans and remaining garlic. Add a couple more teaspoons of chicken broth and stream in about 1/4 cup grapeseed oil to smooth the mixture.

Serve with fresh vegetables or crackers.

*Recipe and photo courtesy of Jennifer Raper, [www.kitchenpsycho.com](http://www.kitchenpsycho.com)*