



Guacamole

INGREDIENTS

3 Haas avocados, halved, seeded and peeled
1 lime, juiced
1/2 teaspoon kosher salt
1/2 teaspoon ground cumin
1/2 teaspoons cayenne pepper
1/2 medium onion, diced
1/2 jalapeno pepper, seeded and minced
2 Roma tomatoes, seeded and diced
1 tablespoon chopped cilantro
1 clove garlic, minced

DIRECTIONS

- In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

Juice of 1 lime equivalent to 2 tablespoons lime juice concentrate

3 avocados equal about 2 1/4 cups pureed pulp

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