

Guacamole



GUACAMOLE

ingredients

2 avocados, pit removed, mashed
1/2 cup tomato, diced small
Juice of 2 limes or lemons
1/4 onion, diced small
Salt and pepper to taste

OPTIONAL:

2 tablespoons cilantro, chopped
1/2 tsp cumin
A few dashes of hot sauce

directions

In a large bowl, mix together all ingredients and spices of your choice.

Serve with chips, on toast, or as a sauce with your favorite meal.

STORAGE TIP: To prevent browning, store in an airtight container with plastic wrap in direct contact with the top of the guacamole.

notes

You can use bottled lime or lemon juice, if fresh are unavailable!
2 tablespoons = 1 lime or lemon

SPFC

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SERVE PEOPLE. FEED COMPASSION.