

Authentic Guacamole

from a guacamole website

This is a classic guacamole recipe that uses fresh ingredients throughout. The guacamole will change slightly in taste each time due to the variability of ingredients, so you may desire to make adjustments at the time of preparation to amounts and seasonings.

INGREDIENTS:

2 ripe Avocados, peeled, pitted, and mashed

½ cup red onion, minced

2 tablespoons cilantro, chopped

1 tablespoon of fresh lime juice

½ teaspoon sea salt

Fresh ground black pepper, to taste

½ ripe tomato, seeds, and pulp removed, chopped

DIRECTIONS:

1. In mixing bowl, add mashed avocado, chopped onion, cilantro, lime, salt and pepper and mash some more.
2. Add chili a little at a time, check heat level in guacamole.
3. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it.
4. Refrigerate until ready.
5. Add the tomato at time of serving.