

# Guacamole



Recipe courtesy of Alton Brown

Show: Good Eats Episode: Dip Madness



Level: Easy

Total: 1 hr 20 min

Prep: 20 min

Inactive: 1 hr

Yield: 6 servings

## Ingredients:

- 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 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, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.



## Related Pages

[Hummus For Real Recipe](#)

[Lentil Soup Recipe](#)

[Mango Guacamole Recipe](#)

[Ina Garten's Guacamole Recipe](#) [Game-Winning Guac' with Fresh Baked Tortilla...](#)

[The Best Guacamole Recipe](#)