

# Guacamole



Why don't we make this old condiment more often? It's incredibly nutritious and remarkably easy to make. A purist might say it must be made by hand. I usually just mash everything together with a fork. Some recipes call for a touch of ground cumin or chopped tomato. I like it any old way, but here's a reliable recipe.

**Preparation Time: 5-10 minutes - Serves: 4-6**

## Organize Your Ingredients!

### Notes on Organizing

Prep all ingredients before you begin assembling the guacamole.

### Guacamole

1 clove garlic (smashed and chopped)  
1/2 Jalapeno pepper (finely-chopped)  
1/4 C. cilantro leaves (finely-chopped)  
2 ripe avocados (peeled and sliced)  
juice from 1 lime  
OPTIONAL: 1/4 tsp. ground cumin  
OPTIONAL: 1/3 C. fresh tomato (chopped)

### Assembly Instructions

I'll assume you've chopped the garlic, jalapeno pepper and cilantro leaves.

Combine all ingredients by mashing with a fork in a medium-sized bowl.

Stir well, cover and set aside.

Guacamole is best when eaten within a few hours of being made.

