

Holy Guacamole

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template approved



prep time
15 minutes



total time
15 minutes



servings
8



Ingredients

- 4-5 avocados (you can always add more depending on how many you are serving)- 800 to 1000 grams without the pit
- 1 jalapeño
- 2 cloves of garlic, minced
- 2 Roma tomatoes
- Handful of cilantro
- 1/2 red onion chopped
- 1 -2 lime to taste
- Salt and pepper to taste

Instructions

- 1 Cut avocado in half and remove the pit. Scoop out avocado and place into a bowl.
- 2 Using a fork, lightly mash the avocado (leave some chunks!) set aside.
- 3 Dice tomatoes into small chunks.
- 4 Dice onion, cilantro, and jalapeño (remove seeds) into small pieces.
- 5 Mince 2 garlic cloves.
- 6 Add veggies, garlic, and salt and pepper to avocado, and mix well. Top with lime juice for desired taste.



Whole recipe serving breakdown:
0 Servings Protein
0 Servings Carb
8 to 10 Servings Fat
3 Servings Veggies

simple side dish

