

# **GUACAMOLE**

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## **INGREDIENTS**

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<b>3 ripe avocados</b>	<b>3 tbsp fresh lime juice</b>
<b>1/2 sweet Vandalia onion, minced</b>	<b>pepper, to taste</b>
<b>1/2 tbsp minced garlic</b>	<b>1 tsp cumin</b>
<b>1 bunch cilantro, chopped</b>	<b>3/4 tsp sea salt</b>
<b>3-5 Roma tomatoes</b>	

## **PROCEDURE**

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**Scoop avocado flesh out of shells and remove pits. Place avocado in a large bowl and mash with a potato masher or the back of a large spoon.**

**Add onion, garlic, tomatoes, cumin, salt, black pepper, and cayenne pepper and mix with a fork. Taste and adjust seasoning.**

**Stir in cilantro and lime juice.**

**Chill 30 minutes before serving.**