



Published on *Kitchen Gardeners International* (<http://kgi.org>)

[Home](#) > Guacamole



Guacamole

Fri, 04/30/2010 - 11:31 -- Roger Doiron

Introduction:

If you're lucky enough to have access to home-grown avocados, this guacamole recipe is a must. And if you don't, store-bought Haas avocados will do just fine.

Preparation:

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.

Image (optional):

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 2 Roma tomatoes, seeded and diced 1 tablespoon chopped cilantro 1 clove garlic, minced

Group content visibility:

Use group defaults

Source URL: <http://kgi.org/recipes/guacamole>