

Guacamole

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Guacamole is an avocado-based condiment that originated with the Aztecs in Mexico. In addition to its use in modern Mexican cuisine it has also become part of American cuisine as a dip, condiment and salad ingredient. It is traditionally made by mashing ripe avocados with a molcajete (mortar and pestle) with sea salt. Some recipes call for tomato, onion, garlic, lime juice, chili, yogurt and/or additional seasonings.



From the many recipes we found, we chose this one because our friends told us that was the tastiest. It's easy to do and you can do it in just 20 minutes.

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, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve.

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