

Make Guacamole

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<https://www.allrecipes.com/recipe/14231/guacamole/>

cups

Yield:	cups	4	3	2	1
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1.6

Bowl	quarts	2 1/2
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Avocados	frozen cup	4	3	2	1
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1.00

Bring avocados to room temperature

Onion, red	chop cup	1	3/4	1/2	1/4
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0.30

Add to bowl & Microwave for 3 minutes

Add avacodos to bowl & Smash with a fork

Tomatos, Roma	diced cup	1	3/4	1/2	1/4
Juice, lime	ozs	4	3	2	1
Parsley	spice TBSP	4	3	2	1
Garlic	spice teasp	2	1 1/2	1	1/2
Salt	spice teasp	1	3/4	1/2	1/4
Cumin	spice teasp	1/2	3/8	1/4	1/8

0.3

Add to bow & Mix

Serve &/or Add to container(s) & Frig for days or Freezer for months

