

Homemade Guacamole

Prep Time: 5 to 7 mins. • Cook Time: 0 mins. • Total Time: 5 to 7 mins.

INGREDIENTS

- 2 tbsp. cilantro
- 1/2 a small to medium tomato
- 2 to 2 1/2 tbsp. diced red onion
- 1 ripe medium avocado
- 2 tsp. juice of a lime (substitute lemon juice)
- 1/4 tsp. cayenne pepper or to taste (substitute chili powder)
- 1/4 tsp. pepper or to taste
- 1/4 tsp. sea salt or to taste



Recipe by: Samantha Sambile
Yield: 1 cup

DIRECTIONS

1. Prep your produce. Finely chop the cilantro and dice the tomatoes and red onions. Cut and scoop out the avocado meat into a medium sized bowl.
2. Add the lime juice to the avocados and mash till the avocados are smooth.
3. Throw in your cilantro, tomatoes, and red onions and mix.
4. Season with the cayenne pepper, pepper, and sea salt.
5. Taste your guacamole before serving to make sure the seasoning is to your preference. If not, add a little more seasoning at a time.

Notes: Traditionally, guacamole uses minced jalapeños, but I can't cut jalapeños because it burns my fingers so I use cayenne pepper instead. The cayenne pepper is just as tasty and still adds a nice kick!

MAKE THIS RECIPE?

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Want to see this recipe in action? Watch it on my YouTube channel, [Samantha Sambile!](https://www.youtube.com/channel/UC...)