# guacamole

## Family Chef: Tim McMahon

#### Ingredients:

* 3 ripe avocados, peeled and pitted
* 1 jalapeño, cored and finely diced (add more or less to taste)
* 1/2 c finely diced red onion
* 1 tbsp fresh lime juice
* 1/3 c fresh cilantro leaves, finely chopped
* 1/2 tsp fine sea salt
* 1/4 tsp ground cumin
* (Optional: 1 Roma tomato, cored and chopped)

#### Instructions:

1. In a medium mixing bowl, use a fork or a potato masher to mash the avocados to your desired consistency.
2. Stir in the jalapeño, onion, lime juice, cilantro, salt, cumin until well-mixed. (If adding tomatoes, stir them in at the very end.)
3. Taste and season with extra salt (plus extra lime juice, jalapeño and/or cilantro) if needed.
4. Serve immediately and enjoy!