



Guacamole

4 Avocados, skinned, and seeded
1 large, ripe tomato, diced
1 medium red onion diced
1 large Jalapeno, seeds removed and minced
3 cloves garlic, minced
3 T. chopped cilantro
1 T. salt and pepper mix
Juice of one lime

Place in all ingredients in a metal bowl. Put on a pair of rubber gloves and with your hands, squeeze avocados until guacamole reaches desired consistency and all ingredients are incorporated.