



FRESH GUACAMOLE

made in Kitchen Aid food grinder

- 3 ripe Haas avocados
- 2 tbsp cilantro
- 1/3 green bell pepper
- 1/2 red onion
- 2-3 tomatoes
- 1 lime
- 1 tsp salt

Chop ingredients small enough to fit through the food grinder. Squeeze out tomato seeds and rinse out extra juice. Feed cilantro, bell pepper and onion through the food grinder. Feed tomatoes through the food grinder last to force the other ingredients through the grinder. Add avocados, juice from lime and salt. Mash with potato masher until blended with other ingredients.

Optional: add jalepeños or hot sauce.

YIELD: approx. 2 cups