FRESH HOMEMADE GUAC AND SALSA

WOLF WELLNESS LAB

Ingredients

3 ripe avocados peeled, seed removed  
1/4 cup finely chopped red onion  
1 tomato seeded, pulp removed, finely chopped  
1-2 Serrano chiles (or 1/2 jalapeño chile) stems and seeds removed, finely chopped  
2 tablespoons fresh squeezed lime juice or lemon juice  
1 tablespoon lime juice (optional -- adds extra flavour)  
2 tablespoons fresh chopped cilantro  
1 teaspoon salt and pepper

Ingredients

1-1/4 lbs ripe Roma tomatoes (about 5 - 6)  
1 can petite diced tomatoes*  
2 green onions, ends trimmed, chopped into thirds  
1/3 cup chopped red onion (about 1/4 of a medium)  
1 jalapeno pepper, seeded and roughly chopped  
1/3 cup fresh cilantro (about a handful)  
1 large clove garlic, roughly chopped  
2 Tbsp fresh lime juice  
1/2 tsp chili powder  
1/4 tsp ground cumin  
1/2 tsp granulated sugar  
Salt and pepper to taste

Instructions

Scoop avocado flesh out into a medium-sized bowl.  
Mash roughly with a fork.  
Add the rest of the ingredients, mixing well to combine.  
Season with salt and pepper, to taste.  
Serve immediately, or cover with plastic wrap and refrigerate until ready to serve.

Instructions

Combine all ingredients in a food processor and pulse in 1 second bursts until all ingredients are finely chopped.  
Serve with tortilla chips.  
Store in refrigerator up to 1 week.

Additional

Prep Time: 10 minutes  
Total Time: 10 minutes  
Servings: 4 people

Additional

Servings: 14  
Prep Time: 5 minutes  
Total Time: 5 minutes