

Chipotle Guacamole Dip

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Yield: 4 cups

*4 ripe avocados, peeled, pitted and
mashed with a fork*

1/2 cup mayonnaise

*1 medium tomato, seeded and
chopped*

1/2 cup red onion, finely chopped

*2 tablespoons chipotle peppers in
adobo sauce, finely chopped*

2 tablespoons fresh cilantro, chopped

2 tablespoons lime juice

*1 1/2 teaspoons chicken flavor
bouillon*

1 clove garlic, finely chopped

Preparation Time: 15 minutes

In a medium bowl, combine all of the ingredients.

Serve, if desired, with tortilla chips or your favorite dippers.

Per Serving (excluding unknown items): 858 Calories; 94g Fat (91.4% calories from fat); 4g Protein; 16g Carbohydrate; 3g Dietary Fiber; 39mg Cholesterol; 641mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fruit; 8 Fat.