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Fresh Guacamole

- 7 Ripe medium avocados, seeded and peeled
- 1/2 Large onion, chopped
- 1 Garlic clove, crushed
- 1 Tomato, diced
- 1/2 Lb Monterey Jack cheese, grated
- 2 Green chilies, diced
- 1/2 Cup Fresh cilantro, finely chopped
- 1/4 Cup Fresh lime juice
- Dash of Tabasco sauce * optional

- 1) In a large mixing bowl, coarsely mash avocados, leaving some chunks.
- 2) Add remaining ingredients and mix to blend.

Note: To store Guacamole, place a piece of plastic wrap directly on the surface of the Guacamole and refrigerate.

Makes 6 Servings