

Guacamole in a Jar

Freeze Dried Pantry

This recipe will make 4-6 servings and will fit in a quart jar



Ingredients

3 cups freeze-dried avocado
½ cup freeze-dried chopped green onions
1 cup freeze-dried seeded roma tomatoes
2 tsp freeze-dried minced garlic
1 freeze-dried chopped jalapeno
½ tsp kosher salt
½ tsp ground cumin
½ tsp cayenne pepper

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. Layer all the dry ingredients into a quart-sized jar in the following order: freeze-dried avocado, freeze-dried chopped green onions, freeze-dried roma tomatoes, freeze-dried minced garlic, freeze-dried chopped jalapeno, kosher salt, ground cumin, and cayenne pepper. Seal the jar with an airtight lid.
2. To speed up rehydration, pulse the ingredients in a blender to break them into smaller pieces.
3. When ready to prepare the guacamole, pour the contents of the jar into a mixing bowl.
4. Add approximately 1 to 1 ½ cups of cold water, a little at a time, stirring well after each addition until the desired consistency is reached. Allow the mixture to sit for 5-10 minutes to fully rehydrate.
5. Stir the guacamole again to ensure even hydration. Adjust seasoning if needed by adding more salt or spices to taste.
6. Serve immediately with tortilla chips, tacos, or your favorite dishes. Enjoy!

Rehydration:

To bring this recipe back to its fresh and creamy texture, gradually add 1 to 1 ½ cups of water, stirring well after each addition until all ingredients are fully rehydrated and the desired consistency is achieved.

Notes:

If you prefer a smoother texture, pulse the mixture in a blender or food processor after rehydration, or mash by hand for a chunkier consistency. For added freshness and enhanced flavor, consider stirring in lime juice and chopped cilantro after rehydration to brighten the taste and balance the richness of the avocado.

Nutritional Value Per ½ cup

Calories: 132 Protein: 2 g Fat: 11 g Carbohydrates: 8.6 g Sugar: 1.5 g Fiber: 5.5 g