



Easy Avocado Sauce

★★★★☆

This Easy Avocado Sauce irresistible creamy, zesty, and full of flavor! Incredibly easy, you'll whip it up in no time. Serve as a dip, spread, or dressing. Either way, it will enhance everything it touches.

Course Condiments

Cuisine	Venezuelan
Prep Time	10 minutes
Total Time	10 minutes
Servings	12 servings (4 tablespoons per serving)
Calories	186kcal
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Equipment

- Food Processor
- Blender

Ingredients

- 2 big ripe avocados, peeled and seeded
- 1 small onion, roughly chopped (about 1/3 cup)
- 1/2 green pepper, seeded and roughly chopped (1/4 cup)
- 2 cloves garlic, peeled
- 6 tablespoons fresh lime juice (about 3 limes)
- ¾ cup (180 ml) oil
- 1 - 2 teaspoons kosher salt or to taste
- 1/4 teaspoon black pepper
- 1/2 cup fresh cilantro leave, tightly packed

Instructions

1. Place all ingredients in a food processor, process until very smooth. I recommend adding just one teaspoon of salt at the beginning and then adjust if necessary.
2. Taste and adjust seasoning to your liking adding more salt and/or lime juice. If the sauce is too thick for your taste you can add a couple of teaspoons of water to adjust consistency as needed.
3. Keeps up to 4 -5 days in an airtight container in the refrigerator - it won't spoil!

Notes

Store Easy Avocado Sauce for up to 4 -5 days in an airtight container in the refrigerator - it won't spoil!

Recipe Tips:

- **Avocados.** You need ripe avocados to make avocado sauce. The small avocados (Hass) are the best tasting, in my opinion. The big ones, with bright green skin, are tempting, but they lack flavor. Extra tip: when buying avocados, make sure that the "button" or brown stem piece is still in the avocados; this little guy acts as a seal so that air can't get into the avocado, keeping it fresh.
- **Oil.** Please use a light-tasting oil to make this easy avocado sauce. Vegetable, corn, canola, or avocado oil will work great; olive oil not so much because its taste overpowers the avocado taste.
- **Customize to your taste.** After you process all the ingredients to smooth, taste, and adjust seasoning as necessary, add more salt or lime. If you like the heat, you can substitute the green bell pepper for a jalapeño.
- **Salt.** I recommend adding just one teaspoon of salt at the beginning and then adjusting if necessary.
- **Lime** juice should be fresh.
- If you don't have a food processor, you can also make this avocado sauce in a blender.

★ **Did you make this recipe? Don't forget to give it a star rating below!**

Please note that nutritional information is a rough estimate, and it can vary depending on the products used.

Nutrition

Calories: 186kcal | Carbohydrates: 6g | Protein: 1g | Fat: 18g | Saturated Fat: 2g | Sodium: 5mg | Potassium: 216mg | Fiber: 2g | Sugar: 1g | Vitamin A: 110IU | Vitamin C: 11.2mg | Calcium: 11mg | Iron: 0.3mg