

## Super Bowl Guacamole

4-6 ripe avocados  
1 TBSP lemon juice  
1 can of Mexican Flavor Rotel tomatoes  
1 teaspoon salt  
1 teaspoon Worcestershire sauce  
1 TBSP chopped onion  
1/2 cup sour cream

Mash avocados. Add the lemon juice and tomatoes and mix together.  
Add the remaining ingredients, adjust to taste and mix well.

NOTE: Instead of the canned tomatoes, you can use chopped tomatoes, bell or jalapeno peppers and cilantro.