

2-Minute Guacamole (Fastest Guac on the Internet)

Ingredients

- 3 ripe avocados
- 2 limes, juiced
- 1 cup pico de gallo (Trader Joe's) Drain Pico De Gallo and reserve liquid for marinade
- Salt, to taste
- Black pepper, to taste

Instructions

1. Halve avocados, remove pits, and scoop flesh into a bowl.
2. Mash avocados with a spoon to your desired texture.
3. Add pico de gallo and lime juice.
4. Season with salt and pepper to taste.
5. Mix until incorporated. Serve immediately.

Tip: Pico de gallo already contains tomatoes, onion, cilantro, jalapeño, garlic, and salt — no need to overthink it.

Creamy Avocado Dip (Guac + Sour Cream)

Ingredients

- 1 batch prepared guacamole (above)
- 2–3 heaping tablespoons sour cream
- 2 tablespoons grated Parmesan or Romano cheese
- Paprika (for garnish)
- Salt & pepper, to taste

Instructions

1. Start with prepared guacamole as the base.
2. Stir in sour cream to thin and cream the mixture.
3. Add 2 Tbsp. Parmesan or Romano cheese and mix gently.
4. Season lightly with salt and pepper.
5. Sprinkle paprika on top for color.

Serving Tip: Transfer to a clean bowl before serving for best presentation.

Meat Dip (The One That Sticks to the Chip)

Ingredients

- 1 lb ground beef
- 1 container of the juices reserved from the pico de gallo (Trader Joe's)
- “Make it Mexican” spice blend (1 Tbsp)
- Salt, to taste
- Oil, for pan
- 1 can beans (refried beans)
- 2 tablespoons sour cream
- Sharp cheddar cheese, shredded (plus extra for topping)

Instructions

Marinade

1. Drain pico de gallo over a bowl to collect juices.
2. Add Mexican spice blend (about 1 Tbsp) and salt to juices.

Meat 3. Add ground beef to marinade and mix well. 4. Let rest 10 minutes (no more than 15).

Cooking 5. Heat oil in pan over medium-high heat. 6. Brown beef until fully cooked. Drain excess liquid if needed. 7. Lower heat to medium-low. 8. Stir in beans until softened and well combined. 9. Add sour cream and stir gently. 10. Add shredded sharp cheddar and warm through.

11. Transfer to bowl and top with additional cheese.

Optional Garnish: Cojita Cheese (Salty Mexican Cheese)

Make it Mexican Spice Blend:

2 Tbsp Dried Oregano
1 Tbsp Cumin
4 Tbsp Garlic Powder
4 Tbsp Onion Powder
2 Tbsp Dark Chili Powder
4 Tbsp Smoked Paprika
1/2 Tbsp Cayenne Pepper



Classic Ranch Dip

Ingredients

- 1 container sour cream (mostly full)
- ~2 tablespoons ranch seasoning (adjust to taste)

Instructions

1. Add ranch seasoning to sour cream.
2. Whisk or stir until smooth and evenly combined.
3. Taste and adjust seasoning if needed.
4. Optional: sprinkle a little extra seasoning on top for presentation.



Pico de Gallo Dip (Shortcut Version)

Ingredients

- 1 container pico de gallo (Trader Joe's preferred)

Instructions

1. Open container.

2. Transfer to serving bowl.
3. Serve as-is.

Optional: Choose mild, medium, or hot depending on your crowd.

Serving Notes

- Best chips: thick, sturdy chips (flax seed or hearty corn chips from Trader Joe's)
- Layer dips for the perfect bite: meat dip → avocado dip → pico → cheese
- Designed for Super Bowl parties, game days, potlucks, and gatherings, or Eat it all yourself!

Nutrition Estimates (Approximate)

Estimates are per **serving** and intended for general guidance only. Actual values vary by brand, portion size, and substitutions.

2-Minute Guacamole (1/6 batch)

- Calories: ~190 kcal
- Fat: ~17 g
- Carbs: ~10 g
- Fiber: ~7 g
- Protein: ~2 g

Creamy Avocado Dip (1/8 batch)

- Calories: ~160 kcal
- Fat: ~13 g
- Carbs: ~6 g
- Protein: ~3 g



Classic Ranch Dip (2 Tbsp serving)

- Calories: ~60 kcal
- Fat: ~5 g
- Carbs: ~2 g
- Protein: ~1 g



Pico de Gallo (1/4 cup)

- Calories: ~25 kcal
- Carbs: ~6 g
- Fiber: ~1 g
- Fat: 0 g



Meat Dip (1/8 batch)

- Calories: ~290 kcal
- Fat: ~22 g
- Carbs: ~6 g
- Protein: ~16 g

Recipes from: Should I Eat That? **Website:** shouldieatthat.net