MEXICAN · SAUCE

Avocado-Tomatillo Salsa (Creamy Taquería Avocado Sauce)

10 min · Makes 18 × 2 tbsp · 18 kcal a portion · Video 5:45 · Rick Bayless

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Avocado blended with raw tomatillo, chile and coriander gives a creamy sauce with no dairy or added oil: 2 tbsp have about 18 kcal and under 1 g of net carbs. Vegan and keto-friendly.

Diet notes: Keto (0.8 g net carbs a serve); DASH-friendly (110 mg sodium a serve).

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Ingredients 7 · MAKES 18 × 2 TBSP

- [ ] 230 g (about 4) **tomatillos**, husked, rinsed and roughly chopped
- [ ] 1 **serrano chile** (or ½ jalapeño), stemmed and roughly chopped
- [ ] a small handful of **coriander** (cilantro), stems included, roughly chopped
- [ ] 80 ml **water**, plus about 1 tbsp more
- [ ] 1 **ripe avocado**, halved, pitted and scooped out
- [ ] about 40 g finely chopped **white onion**, rinsed
- [ ] **salt**, usually a scant teaspoon

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chopped tomatillos, chile and coriander in a blender with 80 ml water. Blend, starting on low, to a coarse, slushy purée that still has some texture. 0:22
2. Add the avocado and some of the salt and blend again until smooth and creamy; the avocado thickens the salsa. 2:55
3. Pour into a bowl and stir in about 1 tbsp more water if it needs loosening to a spoonable consistency. 3:45
4. Rinse the chopped onion in a sieve under cold water, shake it dry and stir it in rather than blending it (blended, it takes over). Taste and add the rest of the salt. 3:53
5. Serve within a few hours, on tacos (especially steak), eggs, grilled fish or prawns.

> **Tip** Start with half a jalapeño or one serrano and add more to taste. Best eaten the day it's made. We count about 470 ml (18 portions) from the ingredient weights; the written recipe says about 350 ml.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
18 kcal 80 kJ	0.3 g 1% of a day	1.7 g 0.8 g net · 0.7 g sugars 1% of a day	0.9 g 3% of a day	1.4 g 0.2 g saturated 2% of a day	110 mg 5% of a day

Energy from net carbs 19% · protein 7% · fat 74% — fits keto: 0.8 g net carbs, 74% of the energy from fat

Recipe and video: Rick Bayless (@rickbayless) on YouTube — youtube.com/watch?v=ThkORM2PAQ4, published 27 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-tomatillo-salsa-taqueria