

Sofrito

August 22nd, 2019

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:00

This sauce originally comes from Spain with local versions found in nearly every Latin country. There are likely as many variations to Sofrito, as there are people who make it. The core ingredients are Onions, Green Bell Peppers, and Garlic. Sofrito can be prepared beforehand in large quantities, then refrigerated or frozen until needed.

Ingredients:

1 Large Green Bell Pepper

1 Medium Yellow Onion

1 Head Garlic

Optional Ingredients:

1 Large Red Bell Pepper (Pimento) - Fire or Oven Roasted for more flavor

1 Jalapeno Pepper

1 Bunch Cilantro

1 Large Tomatillo - Fire or Oven Roasted for more flavor

1 Roma Tomato

3 Green Onions (Scallions)

Directions:

Peel the garlic

Roughly chop the Pepper and Onion

Chop optional ingredients (if any)

Add to a blender or food processor and pulse. Add small amounts of water or Olive oil as required to blend.

Refrigerate in glass jars for up to 2 weeks.

Freeze for up to 6 months.