

Sofrito

Serves 8

- ½ medium onion, peeled, chopped
- 2 medium cubanelle peppers, washed and seeds removed*
- 1 cup aji dulce peppers, chopped
- 1 medium head of garlic, peeled
- 4 full large stems with leaves of cilantro, washed
- 4 large recao leaves, washed**

* If cubanelle peppers are not available, use 1 large green or red bell pepper.

**If recao is not available, use an additional 4 stems with leaves of cilantro.

1. In blender or food processor, chop onion.
2. Add cubanelle peppers and chop.
3. Continue to add aji dulce, then garlic, and cilantro and recao and chop.
4. Pour mixture into jar with tight fitting lid and refrigerate. Sofrito will keep for 3-4 days.
5. Use Sofrito in recipes as a seasoning.

TIP:

- Instead of refrigerating Sofrito, freeze in ice cube trays. Once frozen, place frozen cubes in freezer bag. Each cube is about 2 tablespoons of Sofrito.

Nutrition Facts:

Serving size: about 2 tablespoons; Calories: 12; Fruits and Vegetables: ½ serving; Fat: 0 g; Fiber: 0.5 g



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