

SOFRITO

YIELD: 52 2 oz. servings

Chef Ryan Eckles

INGREDIENTS

- 6 medium onions
- 6 large green bell peppers
- 1 ½ cups raw peeled garlic
- 3 cups fresh cilantro
- 1 ½ cups fresh lime juice
- ¾ cup vegetable oil
- ½ cup dried oregano leaves

DIRECTIONS

1. Roughly chop the cilantro, peppers, onions and garlic. Add all ingredients to a food processor fitted with a blade attachment and blend until incorporated.
2. Sofrito can be made ahead and frozen up to 2 months. Portion it into 4 oz. containers to have on hand to season sauces, rice, meat and other dishes.

RECIPE NOTES - SOFRITO

Nutritional information per serving*: 46 calories; .27 g sat. fat; 2.3 mg sodium; 4.3 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*