

Do you know what Sofrito Is?

- ✓ Sofrito is a multipurpose condiment, the basis of Puerto Rican Creole cuisine.
- ✓ It is an explosion of color, flavor and aroma that characterize Caribbean food.
- ✓ Like any traditional preparation, there is no recipe equal to the other.
- ✓ If you go to the supermarket, you can find an area dedicated especially to sofrito. There are different brands: with seasoning, with achiote, with tomato, but nothing compares to the Sofrito Normita.
- ✓ She uses fresh, quality vegetables; peppers, onion, garlic, and you cannot miss the cilantro and coriander, and for that special aroma, pure olive oil.
- ✓ All the vegetables are washed well, cut into pieces, and placed in a food processor, everything is processed, and the olive oil is added.
- ✓ This sofrito is added to almost all traditional dishes such as stews, rice, soups. It is also used to marinate meats, especially pork, and to stew beans.
- ✓ Add approximately 1 to 2 tablespoons to your preparations.
- ✓ As our sofrito is sold frozen to ensure freshness and flavor, it is recommended to let it thaw before using it and store it in the refrigerator after use.

The Sofrito, “key component”

- ❖ According to the researchers, sofrito contains **forty different phenolic compounds** and a high content of carotenoids, and its consumption is associated with an improvement in cardiovascular risk parameters and insulin sensitivity.
- ❖ The sofrito, due to its high amount of vitamin E, is a beneficial food for our circulatory system. It also has antioxidant properties, is beneficial for eyesight and can help prevent Parkinson's disease.
- ❖ The Sofrito helps prevent cancer and other diseases and ailments.
- ❖

"The flavor is what counts" "

Order your sofrito now:

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SOFRITO NORMITA

"Porque el sabor es lo que cuenta"