

# SOFRITO

## SIMPLE, BASIC INSTRUCTIONS

### Ingredients

- ▶ 1 x Red Pepper
- ▶ 2 x Green Pepper
- ▶ 1 x Red Onion
- ▶ 1 x White Onion
- ▶ 4 oz Chopped Garlic (buy the jar, it's easier than working with heads of garlic)
- ▶ 1 x Bushel of Cilantro
- ▶ 4 – 8 oz Water

Cut and then blend all the ingredients into a liquid form, starting with the peppers.

Peppers release a lot of water and the more water they release in the beginning, the less water you'll need to use.

Store in Tupperware. I'd suggest leaving a small container (2-4 cup size) in the fridge to have ready to use. This lasts fresh about a month in the fridge. You can use frozen sofrito in meals, it's nearly impossible to scoop up once it solidifies. You'll find yourself using a knife to chisel out some sofrito, which trust me is not fun.



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