

## Gather sofrito ingredients.



Gather ingredients to make sofrito.

Sofrito is the secret ingredient in many Latin Caribbean dishes and it's so easy to make. It's a versatile, aromatic puree of tomatoes, peppers, cilantro, onions, and garlic. You may use a food processor or blender for desired results. This recipe makes about 1 quart of sofrito.

### Ingredients

- 2 medium green peppers, seeds removed
- 1 red sweet pepper, seeds removed
- 2 large tomatoes
- 2 medium onions, peeled
- 1 head of garlic, peeled
- 1 bunch cilantro leaves
- 1/2 bunch parsley leaves

## Chop sofrito ingredients.



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Peel garlic and chop ingredients into sizes that are small enough to fit into a food processor or blender.

**Put chopped vegetables into food processor.**



Place chopped ingredients into a food processor or blender.

Place the chopped ingredients into a food processor or blender.

**Tip: If you find it necessary to add liquid, you may add water or olive oil a tablespoon at a time.**

**Thoroughly blend ingredients.**



Process ingredients until blended well.

Blend together all ingredients well.

## Store your sofrito.



### Sofrito

For immediate use, store in a glass container. Plastic containers are not ideal because plastic will absorb the odor of garlic and onions.

For future use, freeze sofrito in 1/4 to 1/2 cup portions for use at any time.

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This recipe originated from: <http://latinfood.about.com/od/beginnerrecipes/ss/sofritosteps.htm>