

Amarilis's Sofrito

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE,
AND **AMARILIS RIVERA**, LAWRENCE SCHOOL DISTRICT

Sofrito is a highly flavored sauce base used throughout Latin America. Especially popular in Puerto Rico, sofrito makes its way into rice, black bean soup, spaghetti sauce, meatballs, and much more. It will last a couple of months in the fridge. Many people freeze it in ice cube trays so that it becomes a kind of flavor cube to add to soups and stews.

- 1 large red bell pepper (1/3 pound)
- 3 large green bell peppers (1 pound)
- 2/3 cup chopped fresh cilantro, packed (1 bunch)
- 1 bunch of fresh recaito (long cilantro leaves, substitute more cilantro if unavailable)
- 1 1/2 tablespoons chopped garlic
- 1/2 cup roughly chopped onions
- 1 tablespoon dried oregano
- 1 pinch of salt
- 1/2 tablespoon paprika
- 3 tablespoons vegetable oil

YIELD: 1 QUART ✳ SERVING SIZE: 1 TABLESPOON

Blend all ingredients together, in batches, in a food processor until a smooth paste forms. If needed, add a cup of water to puree the ingredients.

NUTRITIONAL INFORMATION

CALORIES: 11; SODIUM: 3.73 MG; SATURATED FAT: 8.33%

USDA REQUIREMENTS MET

N/A