

Sofrito

Yield: 6 Servings



Ingredients:

Tomatoes, chopped*	4 medium	
Onion, chopped	1 medium	
Garlic, minced	2 cloves	
Italian seasoning	1 ½ tsp	7 mL
Olive oil	2 tbsp	30 mL

**Note: If preferred, 2 cups (500 mL) of canned tomatoes (no salt added) can be used.*

Instructions:

1. Place all ingredients in a wide-bottom saucepan on medium heat until bubbles form. Stir mixture and reduce heat to low.
2. Cover the saucepan and simmer on low heat for at least 30 minutes or for as long as you'd like. The sauce will get thicker and the flavours will get stronger as it cooks. Cook to your desired consistency. If the sauce gets too thick, add water to thin.

Culinary Notes:

- This recipe makes a basic sauce. Try using different herbs and spices to vary the flavours. Adding other vegetables such as diced bell peppers, finely chopped leeks, or hot peppers changes the taste and adds different nutrients.
- You can use sofrito in stews, soups, pizza toppings, or other sauces. It can be a topping or spread on bread, crackers, cooked vegetables, chicken or seafood, or as a dip for vegetables.