

# Sofrito

Sofrito is a sauce used in Mediterranean cooking. It adds flavour to many dishes. Cooking the tomatoes, onion, and garlic slowly with olive oil increases the flavours and helps you to absorb the nutrients in these foods. Using sofrito will help you eat more servings of vegetables, and may help to lower your risk of heart disease and cancer.



## Ingredients:

4 medium	Tomatoes, chopped, (or 2 cups/500 mL canned tomatoes, no added salt)	4 medium
½ large	Onion, chopped	½ large
2 cloves	Garlic, minced	2 cloves
½ Tbsp	Italian seasoning, no salt added (or other herbs or spices)	7.5 mL
2 Tbsp	Extra virgin olive oil	30 mL

## Directions:

1. Place all ingredients in 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 flavours get stronger as it cooks). If the sauce gets too thick, add water to thin it to desired consistency.

**Makes 6 servings (60 mL/ ¼ cup/ 100 g)**

### 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. People following a Mediterranean style of eating often try to eat sofrito at least 2 times a week.

# Sofrito

---

<b>Nutrition Facts</b>	
Per 1/6 of recipe (60 mL/ ¼ cup/100 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 60	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate</b> 5 g	<b>2 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 3 g	
<b>Protein</b> 1 g	
Vitamin A	25 %
Vitamin C	20 %
Calcium	2 %
Iron	2 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Low in saturated fat	0.5 g
Low in sodium	5 mg
Source of potassium	227 mg
Source of folate	15 mcg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

Fresh tomatoes and Italian seasoning were used for the nutrient analysis. The nutrient amounts may be slightly different if you use canned tomatoes or your own herbs and spices.

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.