



No Waste Sofrito

By Refettorio Harlem's Culinary Manager Elizabeth

"Sofrito, popular in the culinary traditions of the Caribbean and Latinx communities, makes a great flavoring base for beans, rice, soups and stews."

INGREDIENTS

- 8 cloves garlic, peeled
- 1 ½ cup rough chopped onion - this is a great recipe to use up onion scraps
- ½ cup rough chopped red bell pepper - this is a great recipe to use up old wrinkled peppers or to use up pepper scraps
- ½ cup rough chopped green bell pepper - this is a great recipe to use up old wrinkled peppers or to use up pepper scraps
- ½ cup parsley stems, rough chop
- 1 cup cilantro stems, rough chop

METHOD

Blend all ingredients thoroughly and store in an airtight container.

The sofrito will keep in the fridge for 4 days or in the freezer for 2-3 months.

Portion: Serves 4