

Sofrito Sauce

Learn how to make authentic Spanish sofrito sauce with bell peppers, onions, garlic, and cilantro. This versatile base sauce elevates any dish.

15	15	8	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Sofrito Sauce

Ingredients

- 2 onion
- 2 bell pepper
- 5 clove garlic
- 2 tomato
- 1 bunch cilantro (coriander)
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the vegetables**
Remove stems and seeds from 2 bell peppers, then cut into 1-inch pieces. Peel 2 onions and cut into quarters.
- 2** Core 2 tomatoes and cut into quarters. Peel 5 garlic cloves and remove any green sprouts from the centers.
- 3** Remove thick stems from 1 bunch cilantro, keeping the tender stems attached to the leaves.
- 4 Process the sofrito**
Add the bell peppers and onions to a food processor. Pulse 8-10 times until roughly chopped into pea-sized pieces.
- 5** Add the tomatoes, garlic cloves, and cilantro to the processor. Pulse 15-20 times until the mixture forms a coarse paste with small visible chunks.
- 6** Add 1 teaspoon salt and 1 teaspoon pepper to the processor. Pulse 3-4 more times to distribute the seasoning evenly throughout.
- 7 Store the sofrito**
Transfer the sofrito to an airtight container and refrigerate for up to 1 week, or portion into ice cube trays and freeze for up to 3 months.

Tips

Use the freshest ingredients possible, especially herbs and garlic, as they provide the most vibrant flavors in your finished sofrito.

Pulse the food processor rather than running it continuously to avoid over-processing the ingredients into mush - you want some texture remaining.

Add a splash of olive oil to help the food processor blend more smoothly if the mixture seems too thick or dry.

Taste and adjust the salt gradually, as different vegetables have varying natural sodium levels that affect the overall flavor balance.

Make a double batch and freeze half in ice cube trays for convenient single-serving portions that you can use directly from the freezer.

Remove any tough stems from cilantro before adding to the processor, but keep the tender stems as they add extra flavor and nutrients.

Let the sofrito sit for 10-15 minutes after making to allow the flavors to meld together before using or storing.