

Sofrito Sauce

Ingredients

10 ripe large plum tomatoes
3/4 cup olive oil (preferably Spanish)
4 small onions, finely chopped
1 green bell pepper, finely chopped
1 tsp sugar
1 tsp salt
1 tsp Spanish smoked paprika
2 bay leaves
Water, if needed

Yield: 2 cups



Sofrito is a flavorful base sauce originally from the Catalan region of Spain and is used in many Spanish and Latin American dishes. Stir into quickly steamed green beans, add to a pot of simmering black beans, or mix with yogurt or sour cream as a dip for fresh vegetables.

Instructions:

1. Cut the tomatoes in half lengthwise. Place a large holed box grater over a bowl and rub the cut sides of the tomato over the grates, leaving just the skin. Discard the tomato skin.
2. Heat the olive oil in a heavy bottomed pan over medium low heat. Add the onions, salt and sugar.
3. Cook long and slow- 30-40 minutes until very soft and lightly caramelized. If the onions start to over brown, add a little water and reduce the heat.
4. Add the green peppers, tomato pulp and any accumulated juices, the bay leaves and smoked paprika. Increase the heat slightly and simmer for 20 minutes, stirring occasionally.
5. Season to taste and remove bay leaves before serving.



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Recipe by Island Hospital Chef Michael Hannah loosely adapted from Jose Andres