

OLDWAYS SOFRITO

INGREDIENTS

2 tablespoons olive oil

2 garlic cloves, minced

1 yellow onion, chopped

8 medium plum tomatoes (or 1 28-oz can whole tomatoes)

2 sprigs fresh parsley

4 sprigs fresh thyme (or ½ teaspoon dried thyme)

½ teaspoon salt

¼ teaspoon black pepper

INSTRUCTIONS

1. Heat the oil in a large skillet over medium heat until it ripples.
2. Add the garlic and onion and sauté, stirring, for 2 minutes.
3. Add the tomatoes, herbs, salt, and pepper, breaking apart the tomatoes with a spoon.
4. Reduce the heat and simmer for 20-30 minutes.
5. Taste and adjust seasoning.

An Oldways recipe

NUTRITION

Calories: 60

Total Fat: 3.5g

Saturated Fat: 0g

Sodium: 360mg

Carbohydrate: 6g

Fiber: 1g

Sugar: 3g (Added Sugar: 0g)

Protein: 1g

Yield: 2 cups

Serving Size: 1/4 cup