

# Sofrito aka Recaito (Puerto Rican Sofrito)

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-sofrito-recipe>

## Ingredients:

- 2 bunches recajo or culantro, see notes
- 1 green bell pepper deseeded
- 4 garlic cloves smashed
- 1 yellow onion quartered

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 10 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 5 milligrams
6. Sugar: 3 grams

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