



Latin/Spanish Sofrito

Aromatics is a term used to describe a traditional group of vegetables which are the foundational base of flavors to a particular cuisine. An aromatic typically includes onions and may incorporate fresh herbs. Latin Sofrito gives depth to your home cooked meals, so preserving this pantry staple will enhance your meal creation.

Makes approx. 5 pints or 10 half-pints

Ingredients

- 2 large onions, diced (4 cups)
- 3 medium bell peppers, chopped (3 cups)
- 6 Roma tomatoes, diced (3 cups)
- 5 tablespoons minced garlic

Instructions

1. As you are prepping each ingredient, do not mix them together, place each ingredient in a separate bowl.
2. This recipe is raw stacked, which means each ingredient is evenly distributed and layered in the jar raw. Starting with the onions, evenly distribute $\frac{3}{4}$ cup of diced onions per pint jar; add $\frac{1}{3}$ cup per half-pint jar.
3. Next, evenly distribute the bell peppers and tomatoes by adding $\frac{1}{2}$ cup per pint jar and $\frac{1}{3}$ cup per half-pint jar. Lastly, add 1 tablespoon of minced garlic per pint and a $\frac{1}{2}$ tablespoon per half-pint.
4. Cover the ingredients with cool water, leaving a 1-inch headspace. Remove any trapped air pockets using your headspace measuring tool and add additional water if necessary to maintain the 1-inch headspace.
5. Wipe the rim of each jar with a washcloth dipped in vinegar. Place a lid and ring on each jar and hand tighten.
6. Process jars at 10 psi or according to your elevation; process pints and half-pints for 25 minutes.
7. Allow pressure canner to naturally return to zero psi before removing the canner lid. Wait 5 minutes before removing the jars from the canner to cool.