

RECIPE



Italian Sofrito – The Flavorful Base of My Pasta Magic

If you've ever wondered what gives my pasta sauces that deep, irresistible flavor... this is it! Italian Sofrito is a classic aromatic base made from slow-cooked vegetables, herbs, and tomato—used in countless Mediterranean recipes. It's the secret sauce that transforms a simple dish into something spectacular.

Italian Sofrito

Ingredients

Yields about: 4 cups

- 1 Tbsp. olive oil (extra virgin preferred)
- 1 cup onion, sliced
- 1 cup carrot, sliced
- 1 cup red bell pepper, sliced
- 1 cup celery, sliced
- 1 tsp. dried oregano
- 2 cups passata (unsweetened tomato puree)
- ½ cup vegetable broth or water (optional, for blending)

Instructions:

In a large pan, heat the olive oil over medium-low heat.

Add the sliced onion, carrot, bell pepper, celery, and oregano.

Sauté slowly for 20 to 30 minutes, stirring occasionally, until the onions are golden, and all the vegetables are soft and fragrant.

Stir in the tomato puree and cook for an additional 5 minutes.

Remove from heat and let it cool slightly.

Yours to Artful Eating,

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Transfer the mixture to a blender and blend until smooth.

Add a bit of broth or water only if needed for blending.

Pour the sofrito into glass jars or containers.

Store in the fridge for up to 5 days or freeze for up to 1 month.

Use it as the flavorful foundation for your pasta sauces, soups, or even as a base for stews and roasted dishes. Buon appetito!

Health Benefits of This Recipe:

- Rich in antioxidants from tomatoes, onions, and carrots
- Packed with anti-inflammatory compounds like oregano and olive oil
- High in fiber and phytonutrients, supporting gut health and digestion
- Naturally low in calories and full of flavor—no sugar or artificial ingredients needed!

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