

# Experience Michiana October 10<sup>th</sup>, 2013

Sofrito...the staple to all Puerto Rican dishes!!

Yields one cup

2 Medium peppers, red and green

1 onion, medium sized

1/4 bunch cilantro

2tsp Adobo seasoning

1pk Sazon seasoning

1Tb Garlic, fresh minced

1 tsp oregano

1/4 cup tomato juice

2Tb tomato past

Mix the above, to a puree, in a blender or a food processer

Store in refrigerator for future use for up to one week or freeze

Puerto Rican Sirloin Tips

Yields two servings

1 1/2 tsp Sofrito

8 oz Sirloin, cubed

3 oz Mushrooms, sliced 1/8 inch thick

1 small onion diced

Demi Sauce: rich beef stock reduced to a thick paste

1 T of cooking oil

Heat oil, add Sofrito and warm for up to 1 min

toss in onion, mushroom, and sirloin

Sauté until sirloin is cooked to medium well or desired tenderness

Serve with Sazon Rice for a Traditional Puerto Rican Caribbean staple