

Sofrito (#40)

Yield: 25 servings
Serving size: 2 Tbsp

Ingredients

1 lb onion, chopped
1 lb bell pepper, green or red, chopped
2 Tbsp vegetable oil
½ cup cilantro, chopped
½ lb garlic cloves, minced

Directions

1. Place ingredients in a blender or food processor and chop coarsely.
2. Sautee ingredients in a pan over medium high heat.
3. Use amount desired in recipe.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	36	Calories from Fat	11
			% Daily Value
Total Fat	1 g		2%
Saturated Fat	0.1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	4 mg		0%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	1 g		
Vitamin A	11%	Calcium	2%
Vitamin C	24%	Iron	6%

Recommendations & Requirements

Note: This recipe may count towards the sauce component of the menu.



Cranberry Sauce (#271)

Yield: 25 servings

Serving size: Approximately 2 Tbsp sauce

Ingredients

- 1.75 lbs cranberries
- 2 ¼ cups orange juice
- 2 ¼ cups granulate sugar

Directions

1. In a medium sized saucepan over medium heat, dissolve the sugar in the orange juice.
2. Stir in the cranberries and cook until the cranberries start to pop (about 10 minutes).
3. Remove from heat and place sauce in a bowl. Cranberry sauce will thicken as it cools.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	95	Calories from Fat	1
		% Daily Value	
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Total Carbohydrate	24 g		19%
Dietary Fiber	2 g		5%
Sugars	21 g		
Protein	0 g		
Vitamin A	7%	Calcium	0%
Vitamin C	17%	Iron	2%

Recommendations & Requirements

Note: This recipe may count towards the sauce component of the menu.

