

VERDE & CO.

COOK BOOK



COOKING WITH GOURMET

SOFRITO VERDE

Beef and Potato Stew
With Gourmet Sofrito Verde
Serves 6

Ingredients

2 lbs. boneless beef chuck, cut in 1 inch cubes
 $\frac{1}{2}$ cup of flour
3 tbsp. Extra Virgin Olive Oil
2 cups onion, diced
2 large red peppers
1 cup white wine
2 tbsp. Minced Garlic or 4 cloves fresh garlic minced
 $\frac{1}{2}$ can Tomato Sauce
4 tbsp. Gourmet Sofrito Verde
2 tbsp. White Vinegar
 $\frac{1}{2}$ tsp. leaf oregano
2 Bay Leaves
2 cups water
1 cup of Beef broth
2 lbs. potatoes, peeled and cut in 1 inch cubes
1 lb. carrots, peeled and cut in $\frac{1}{2}$ inch dice

Directions

Season meat with salt, pepper, oregano, cumin, mix flour into seasoned meat.

In a pot heat oil on medium-high. Add meat and brown.

Add onion, red pepper, and garlic and cook for 5 minutes, stirring occasionally.

Add tomato sauce, Gourmet Sofrito Verde, vinegar, oregano and bay leaves and cook for 2 minutes, stirring often. Add water, beef broth and wine. Bring to boil, cover, lower heat and simmer for 1 hour until meat is just tender.

Add potatoes and carrots and return to boil, adding more water if stew gets to dry. Lower heat. , Cover and simmer for 45 minutes until vegetables and meat are tender.

Recipe

Chickpea Salad with Gourmet Sofrito Verde

Serves 4

Ingredients

1 can Low Sodium Chick Peas, drained and rinsed
1/2 pint cherry tomatoes, quartered
1 cucumber, seeded and chopped
1/2 cup of Manchengo cheese or any hard cheese cubed
1/4 red onion, finely chopped
2 tbsp. coarsely chopped fresh parsley
1 tbsp. Lemon Juice
Seasoning with Pepper, to taste
1tbsp. Gourmet Sofrito Verde
1/4 cup Extra Virgin Olive Oil

Directions:

In medium mixing bowl, gently stir together chickpeas, tomatoes, cucumbers, cheese, onions and parsley until combined; set aside.

Sauté' Gourmet Sofrito Verde for 1 minute in a drizzle of olive oil

In separate medium bowl, stir together lemon juice and the sauté' Gourmet Sofrito Verde. Using whisk, add olive oil in slow steady stream, whisking constantly until oil mix thoroughly.

Serve chilled or at room temperature.

Enjoy!

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Recipe

Gourmet Sofrito Verde Chicken Burgers

4 oz. Boneless Skinless Chicken Breast
2 tsps. Gourmet Sofrito Verde
1/8 tsp. kosher salt
1/8 tsp. Black Pepper
1/4 cup olive oil

Ground chicken breast in food processor add 1tbs.olive oil.
Place chicken in a bowl
Add 2 teaspoons of Gourmet Sofrito Verde
Add Salt
Add Pepper
Make patties and cook in a nonstick skillet
(coat pan with olive oil)
Cook for 4 minutes until golden on each side.

Galician-Style Empanada

Ingredients:

Filling for Spinach Empanadas

2 tbsp. Gourmet Sofrito Verde

2 tbsp. Extra Virgin Olive Oil

2 tbsp. puree garlic

¼ cup diced tomatoes drained

1 cup cooked drained Spinach

¼ cup salad olives gently chopped

1 pkg. Puff Pastry Dough for Turnovers, thawed

Salt and pepper to taste

1 egg, beaten with tablespoon of water added

Directions

Heat oven to 375°F.

Heat oil in medium skillet over low heat. Add Gourmet Sofrito Verde, garlic and diced tomatoes. Stir cook for about 3-4 minutes.

Add spinach and olives. Stir all mixtures together for about a minute.

Place pastry dough on greased foil-lined baking sheet; spoon 1/4 cup of filling mixture, in the middle of dough fold in a triangle, use fork around the edges to secure filling. Use pastry brush to apply the beaten egg around the edges.

Place on baking sheet cook for 20 minutes until dough puff.

Makes about 6 -8 empanadas.

Enjoy!