



SOFRITTO

Ingredients

- 2 lbs Roma tomatoes, chopped
- 2 medium onion, finely diced
- 3-4 cloves garlic, minced
- 1 cup olive oil



PREP TIME
30 MIN



COOK TIME
60 MIN



SERVINGS
3 3/4 C. OR
30 2T CUBES

Comments

This is not a traditional Italian soffritto.

Instead, I use Roma tomatoes as the base—letting them carry the flavors of onion and garlic into something rich, soft, and deeply fragrant.

It's a simple idea: take a handful of everyday ingredients and give them time.

Cook them low and slow in olive oil until everything melts together. The tomatoes break down, the onions turn sweet, the garlic softens, and what you're left with is something more than the sum of its parts.

This is where flavor is built.

Not rushed. Not complicated. Just patient cooking that brings out the very best in what you already have.

I love using this method at the end of tomato season—after the sauces are canned and the jars are lined up on the shelf. This is how I save that last bit of summer.

Once it's cooked down into a soft, concentrated mixture, I spoon it into small silicone trays—about 2 tablespoons each—and freeze it.

Later, those little cubes become what I call flavor bombs.

Drop one into a soup, a pan of vegetables, a pot of beans, or a quick pasta—and suddenly, the dish has depth, warmth, and a taste of summer tucked inside.

It's simple food, treated with care—and it shows up in every bite.

Tomato-Based Soffritto (Freezer Flavor Bombs)

A non-traditional soffritto using Roma tomatoes as a base to carry onion and garlic flavor. Cooked low and slow, then frozen for easy use in everyday meals.

Instructions

Heat olive oil in a wide pan over medium-low heat.

Add onion and cook slowly until soft and translucent (about 8-10 minutes).

Add garlic and cook 1-2 minutes until fragrant.

Stir in chopped tomatoes.

Reduce heat to low and simmer gently for 45-60 minutes, stirring occasionally.

Let cool completely.

The mixture should become soft, thick, and slightly jammy—not watery. The longer cooking time the more intense the flavor.

To Store

- Spoon into silicone trays (about 2 tablespoons per cube)
- Freeze until solid
- Transfer to a freezer-safe container

To Use

Add one cube to:

- Soups
- Sauces
- Sautéed vegetables
- Beans or grains
- Pasta dishes