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cut along dotted line, then fold in half.

Recipe card is made to fit in a 6" X 4" index card file box for future use.

If you do not use Mi Sofrito Rico™ we can not guarantee that your food will taste unbelievable!
So... Do not try these recipes with other brands of Sofrito. It won't work!

Marinating 101

Marinate meats Latino style

Ingredients:

Vegetable oil

Mi Sofrito Rico™

El Sazón de Marín™

Sea Salt

Garlic Powder

Onion Powder

Oregano Flakes

Black Pepper Grounded

Med. to Lrg. Plastic Bags

(Use plastic bags from vegetable department
at your supermarket)



Same uncooked chicken cutlets
placed in a large plastic bag.



Marinated chicken cutlets
not cooked as of yet.

(2 lbs of meat shown)

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FOLD

FOLD



~!Que lo disfrutes con salud!~



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Prepare the marinade:
In medium bowl, combine: 1/2 cup of vegetable oil (not for chop meat), 3 tbsp of **Mi Sofrito Rico™**, 3 tsp **El Sazón de Marín™**, add sea salt to your taste, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp oregano flakes, 1 tsp fresh ground pepper. Stir the marinade until totally mixed.
When preparing....:
• Chicken cutlets (as well as, whole or parts) - Wash chicken in 1 part white vinegar, 2 parts water then rinse.
• Red meats (pork chops, ribs, steaks, goat, venison, veal, lamb, NOT CHOP MEAT) - Follow chicken cutlet prep.
• Any fish or shrimp - Soak in 1 part lemon or lime juice, 1 part water for 30 minutes then rinse.
• Chop meat (for meatballs, spaghetti sauce, brown gravy, tacos, etc.) - Use 3 lbs of meat for above ingredients.
DO NOT wash meat. Just add ingredients (minus the vegetable oil) from above.
Place your choice of meat, poultry or fish in the large plastic bag, pour in your marinade, remove most of the air, tie the bag loosely, then massage ingredients into the items in the bag. Once everything has been thoroughly mixed, place bag in the refrigerator for a minimum of 2 hours, preferable over night.
NOTE: Vinegar is used to remove poultry and blood taste prior to cooking.
Lemon or lime juice is used to enhance the taste when cooking.

Marinating 101 - How to marinate meats Latino style

Marinating Instructions