

# Romesco Sauce



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

*This bold sauce comes together quickly in a blender and packs in tangy and smoky flavor to elevate your favorite meat, seafood, egg, or vegetable dishes.*

<b>YIELD</b> <b>24 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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## INGREDIENTS

½ cup	Almonds, blanched, slivered
3 cloves	Garlic, roughly chopped
1 (12oz) jar	Roasted Red Peppers
1 (15oz) can	Tomatoes, diced, low sodium
¼ cup	Extra Virgin Olive Oil
1 Tbsp	Sherry Vinegar
¼ cup	Parsley, fresh
1 tsp	Smoked Paprika
½ tsp	Kosher Salt
¼ tsp	Red Pepper Flakes

## CHEF'S NOTES

This classic Spanish originates from a port city and was created to add flavor to the daily seafood catch. Some versions may include pine nuts or hazelnuts, additional spices and herbs, or use breadcrumbs as a thickener.

This version uses jarred roasted red peppers and canned diced tomatoes to get a flavorful sauce on the table in no time. Try fire roasted tomatoes and toasted almonds for more earthy depth of flavor. Don't have sherry vinegar on hand? Lemon juice works well, too!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients to a large pitcher blender in the order listed above and blend until smooth and creamy.

# Nutrition Facts

24 servings per container

**Serving size** 2 Tbsp (38g)

**Amount Per Serving**

**Calories** 40

**% Daily Value\***

**Total Fat** 3.5g 4%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 80mg 3%

**Total Carbohydrate** 2g 1%

Dietary Fiber <1g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 0%

Potassium 50mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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