

Chimichurri Sauce

Prep Time: 10 min
Makes 2 cups



INGREDIENTS

- 2 cups fresh herbs (parsley, cilantro or both)
- 4 cloves of garlic or 2 tsp minced garlic
- 2 tsp dried oregano
- 2 tablespoons lemon juice from about 1 lemon
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- Salt and pepper to taste
- **Optional:** 2 Tbsp chopped jalapeno pepper (ribs & seeds removed) or 1/4 tsp red pepper flakes

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Finely chop herbs and garlic (or pulse several times in a food processor.)
2. Add all of the other ingredients and mix well to combine.
3. Serve as a sauce for grilled or roasted meat, poultry, seafood or as a dressing for salads. Use as a dip for veggie slices, tortilla chips, or crusty bread.

Chimichurri is a traditional sauce from Argentina made with raw herbs including parsley. It is often served with grilled meat and fish.