

## Cilantro Sauce

I use this on Manchester-Farms Beef or Organic Chicken!

### Ingredients

- 2 Med. Garlic cloves
  - ½ Teaspoon salt
- Mash these 2 together ingredients in a mortar and Pestle to form a paste.
- 1 Cup of cilantro coarsely chopped
  - ¼ Cup Extra Virgin Olive Oil
  - 2 Tablespoons Lemon Juice
  - 1/8 Teaspoon Cayenne
- Place all ingredients into Blender.  
Blend until smooth  
Serve with your choice of meat or chicken.