



Adobong Gulay At Karne Recipe

Preparation Time	10
Cooking Time	28
Serving Size	6

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 2 Tbsp onion, sliced
- 150 g pork, pigue, cut into strips
- 1 pc pork bouillon cube
- 2 1/2 Tbsp black beans (tausi), drained
- 1 Tbsp soy sauce
- 6 pcs peppercorn, crushed
- 1 tsp sugar, white
- 1/2 cup water
- 1 1/2 cups sitaw, cut 2-inch long
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 300 g eggplant, sliced diagonally
- 3 Tbsp DEL MONTE Red Cane Vinegar (47cl)
- 2 bunches kangkong, cut 2-inch long

Preparation:

1. Sauté garlic, onion and pork until pork turns brown. Add bouillon, tausi, soy sauce, peppercorn, sugar and water. Cook for 5 minutes.
2. Add sitaw, DEL MONTE Original Style Tomato Sauce, eggplant and DEL MONTE Red Cane Vinegar. Cook over low heat for 15 minutes. Add kangkong, then simmer until cooked.

Chef's Tip

For a more flavorful dish, mash the tausi as you sauté to release its flavor.

Lusog Notes

This dish is high in vitamin A that helps protect from infections by keeping skin and other body parts healthy, and vitamin B1 that helps convert food into energy.

Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Pot

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