



## Almondigas Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>45</b>
<b>Serving Size</b>	<b>10</b>

### Ingredients:

#### FOR THE MEATBALLS

- 400 g pork, ground
- 1 cup rice, cooked
- 1/4 cup onion, red, chopped
- 1/4 cup all-purpose flour
- 2 pcs egg, lightly beaten
- 3/4 tsp pepper, black
- 2 tsp salt
  
- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 1/4 cup onion, red, sliced
- 1 pc chicken bouillon cube
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 8 cups water
- 1 2/3 cups carrot, sliced
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 150 g misua
- 2 Tbsp green onions, sliced

### Preparation:

1. Combine ingredients for meatballs. Mix thoroughly . Form every 2 teaspoons of mixture into balls. Set aside.
2. For the soup, sauté garlic, onion, and chicken cube. Add DEL MONTE Original Style Tomato Sauce and water. Allow to boil, then add meatballs, carrots, salt, and pepper to taste. Cover and simmer for another 20 minutes, or until meat is cooked.
3. Add misua, then simmer for 3 minutes. Top with green onions.

### Chef's Tip

Cooked rice serves as an extender. It also helps keep the meatballs moist and tender.

### Lusog Notes

This recipe is high in vitamin A that helps protect one from infections and promotes normal growth and development. It is also a source of iron which is important for normal metabolism.

### Cooking Skills Needed

- Boiling
- Simmering

- Sautéing

### **Cooking Tools**

- Chopping Board
- Pot
- Measuring Cups
- Spatula

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