



Ampalaya Guisado Recipe

Preparation Time	10
Cooking Time	11
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 1 1/2 Tbsp garlic, crushed
- 1/2 cup onion, chopped
- 200 g pork, ground
- 1 cup water
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 300 g ampalaya, seeds removed then cut into squares
- 1/2 cup celery, sliced
- 150 g tokwa, cut into cubes then fried
- 2 Tbsp fermented black beans (tausi)
- 2 pcs egg, beaten

Preparation:

1. Sauté garlic, onion, and pork. Add water, DEL MONTE Original Style Tomato Sauce, ampalaya, celery, and tokwa. Bring to a boil then simmer for 3 minutes.
2. Add tausi and eggs. Simmer for 1 minute.

Chef's Tip

Drain the tausi really well to remove the excess brine where the tausi fermented.

Lusog Notes

This vegetable dish is a source of protein and iron. Protein is essential for growth, development, and repair of body tissues while iron is necessary for normal metabolism.

Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon
- Pot