



Arroz Caldo A La Del Monte Recipe

Preparation Time	20
Cooking Time	47
Serving Size	6

Ingredients:

- 500 g clams (halaan)
- 5 cups water
- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 1/4 cup onion, sliced
- 2 Tbsp ginger, cut into strips
- - patis, to taste
- 1/2 cup rice, malagkit, washed once
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- - pepper, to taste
- 1/4 cup onion, green, chopped

Preparation:

1. Boil clams in water until shells are open. Remove meat from shells and set aside. Reserve 5 cups broth.
2. Sauté garlic in oil until brown. Set aside half for topping.
3. In the remaining half, add onion, ginger, clam meat, patis to taste, and malagkit rice. Sauté for 5 minutes.
4. Add DEL MONTE Original Style Tomato Sauce, reserved clam broth, and pepper to taste. Simmer, stirring occasionally until rice is cooked.
5. Top with green onions and reserved half of garlic just before serving.

Chef's Tip

Occasionally scrape the bottom and sides of the pot to make sure that the rice does not scorch the bottom.

Lusog Notes

This recipe gives you a source of protein and calcium. Protein is needed for growth, development and repair of body tissues, while calcium is important for bone health.

Cooking Skills Needed

- Boiling
- Sautéing
- Slicing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Pot