



## Beans Guisado Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>16</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 2 Tbsp oil
- 1/3 cup onion, red, sliced
- 2 tsp garlic, crushed
- 100 g chicken, ground
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 2 Tbsp soy sauce
- 3/4 cup water
- 3 cup green beans/Baguio beans, cut into 2-inch lengths
- 2 tsp sugar, white
- 1/4 tsp salt
- 1/4 tsp pepper, black

### Preparation:

1. In a pan, heat oil and sauté onion and garlic until aromatic.
2. Add ground chicken and sauté until lightly brown.
3. Add DEL MONTE Tomato Ginisa and toast lightly.
4. Add soy sauce and water.
5. Add Baguio beans, sugar, salt, and pepper. Bring to a boil then simmer until cooked.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Rubber Spatula