



Beans Guisado Recipe

Preparation Time	15
Cooking Time	16
Serving Size	5

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