



Beans Italiano Recipe

Preparation Time	10
Cooking Time	30
Serving Size	6

Ingredients:

- 475 g Baguio beans, each piece sliced into 2
- 2 Tbsp oil
- 1/2 cup onion, chopped
- 380 g pork, ground
- 1 pouch DEL MONTE Tomato Paste (70g)
- 2 cups whole kernel corn
- 3/4 tsp salt
- 1/2 tsp pepper, black
- 1 cup water

Preparation:

1. Blanch Baguio beans for 1 minute in boiling water. Drain and set aside.
2. Sauté onion, ground pork, DEL MONTE Tomato Paste in oil for 2 minutes. Add remaining ingredients except Baguio beans. Bring to boil then simmer for 20 minutes or until corn is tender. Remove from flame then add Baguio beans.

Chef's Tip

To achieve a bright green color for your beans, blanch them in boiling salted water for 1 minute then immediately drain and place them in ice cold water. Remove them from the cold water and drain until dry. Placing them in ice cold water stops further cooking, keeping the beans crispy and bright green.

Lusog Notes

This recipe contains vitamin A which is important for the normal structure and functioning of the skin. It also has vitamin B2 that aids in energy production in the body.

Cooking Skills Needed

- Blanching
- Slicing
- Sautéing
- Simmering

Cooking Tools

- Casserole
- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon