



Beef Ampalaya With Sotanghon Recipe

Preparation Time	10
Cooking Time	38
Serving Size	6

Ingredients:

- 1 1/2 cups water
- 1/4 tsp salt
- 1/4 kg ampalaya, seeded and sliced thinly

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 150 g beef, sirloin, cut into thin strips
- 1 pc beef bouillon cube
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 tsp sugar, white
- 1/2 tsp salt
- 2 1/2 cups water
- 50 g sotanghon, cut into shorter strands

Preparation:

1. Soak ampalaya in salt and water for 10 minutes. Rinse, drain and squeeze. Set aside.
2. Sauté garlic, onion, and beef. Add bouillon cube, DEL MONTE Original Style Tomato Sauce, sugar, salt, and water. Boil, cover and simmer for 10 minutes.
3. Add sotanghon and cook for 2 minutes, stirring occasionally. Add ampalaya and cook for 3 minutes or until tender.

Chef's Tip

Soaking the ampalaya in salt water draws out the bitter juices of the ampalaya.

Lusog Notes

Did you know that ampalaya can help lower blood sugar and is a good source of Vitamin C that may help fight common infections and act as an antioxidant?

Cooking Skills Needed

- Boiling
- Simmering
- Sautéing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Pot

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