



## Chicken Binakol Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>40</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 500 g chicken, whole, cut into serving portions
- 1 1/2 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 2/3 cup potato, cut into chunks
- 3 stalk tanglad, pounded
- 3/4 cup buko water
- 3/4 tsp salt
- 1 pc buko, cut into 2x1-inch strips

### Preparation:

1. Place DEL MONTE Original Style Tomato Sauce and all ingredients except buko meat in a casserole. Bring to a boil then simmer for 30 minutes. Add buko meat and cook for 5 minutes.

### Chef's Tip

The best buko to use for this recipe is "mala-kanin" which has a firmer and meatier texture that can stand the simmering of the soup.

### Lusog Notes

This Chicken Binakol local dish is a source of niacin that supports the nervous system and helps maintain normal structure of the skin.