



Chicken Caldereta Recipe

Preparation Time	15
Cooking Time	51
Serving Size	10

Ingredients:

- 600 g chicken, thigh and leg, cut into serving portions
- 6 Tbsp garlic, crushed
- 2/3 tsp peppercorn, crushed
- 2 cup water
- 2 1/2 cup potato, cut into chunks
- 1 cup green peas, frozen, cooked
- 1/2 cup bell pepper, red, cut into squares
- 1/2 cup bell pepper, green, cut into squares
- 2 pc siling labuyo, sliced
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 cup liver spread
- 2 pouch DEL MONTE Filipino Style Tomato Sauce (200g)

Preparation:

1. Rub chicken with garlic and crushed peppercorns. Cover and let stand for 20 minutes in the refrigerator. Transfer to a saucepan.
2. Add water, potatoes, green peas, bell peppers, and sili. Season with salt and pepper. Simmer until tender.
3. Add liver spread and DEL MONTE Filipino Style Tomato Sauce. Boil and turn down to simmer for a bout a minute then turn off heat.

Chef's Tip

Soak the potato in water after peeling and slicing to avoid discoloration

Lusog Notes

This recipe is a good source of protein and niacin. Protein helps in the regulation and maintenance of the body's fluid balance while niacin promotes normal digestion and healthy skin.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board