



## Chicken Guisado Recipe

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Preparation Time	10
Cooking Time	28
Serving Size	4

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 500 g chicken, thigh and leg
- 1 tsp patis
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 200 g potato, cut into chunks
- 1/2 cup water
- 1/3 cup bell pepper, red, sliced

### Preparation:

1. Sauté garlic, onion, chicken, and patis for 8 minutes.
2. Add DEL MONTE Filipino Style Tomato Sauce, potatoes, and water. Bring to a boil then cover and simmer for 10 minutes or until potatoes are cooked.
3. Add bell pepper. Allow to simmer.

### Chef's Tip

Allow the patis and chicken juices to evaporate until almost dry to concentrate the flavors and remove the "lansa" in the chicken.

### Lusog Notes

This Chicken Guisado recipe is high in protein which is important for growth, development and regulation of body processes. It is also a good source of niacin that helps maintain normal structure of the skin.