



Chicken Sopas Recipe

Preparation Time	10
Cooking Time	27
Serving Size	6

Ingredients:

- 1 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/4 cup onion, red, sliced
- 200 g chicken, breast fillet, cut into strips
- 1 pc chicken bouillon cube
- 1 Tbsp patis
- 4 cup water
- 1/4 tsp pepper
- 100 g DEL MONTE Elbow Macaroni (400g)
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1/2 cup milk, evaporated
- 100 g cabbage, shredded

Preparation:

1. Sauté garlic, onion, chicken, and chicken cube for 3 minutes. Add patis, and sauté further. Add water and pepper to taste. Cover and allow to boil.
2. Add DEL MONTE Elbow Macaroni and DEL MONTE Filipino Style Tomato Sauce. Cover and simmer for 12 minutes.
3. Add evaporated milk and cabbage. Allow to simmer for 1 minute.

Chef's Tip

Add tomato sauce to your sopas for a richer and more "malinamnam" soup.

Lusog Notes

This Chicken Sopas recipe is a source of protein which is important for growth and development. Protein also aids in the creation and repair of body tissues.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board