



Classic Afritada Recipe

Preparation Time	12
Cooking Time	43
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 2 Tbsp onion, red, sliced
- 300 g chicken, thigh, bone in
- 1/3 cup water
- 1/2 tsp salt
- 2/3 cup potato, cut into chunks
- 1 cup carrot, cut into chunks
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1/4 cup Baguio beans, sliced into 2-inch long
- 1/3 cup bell pepper, red, cut into 2-inch strips
- 12 pcs quail eggs, hard-boiled and shelled (optional)

Preparation:

1. Sauté garlic, onion, and chicken. Add water and salt. Bring to a boil then simmer for 10 minutes.
2. Add potatoes and carrot. Simmer for another 10 minutes. Add DEL MONTE Filipino Style Tomato Sauce and simmer for 10 minutes. Add Baguio beans, bell pepper, and quail eggs, if desired. Simmer for 5 minutes.

Chef's Tip

Overcooked vegetables become mushy. Pierce potato with a fork. It is cooked if the fork slides in easily.

Lusog Notes

This Classic Afritada recipe is rich in vitamin A that promotes normal growth and development as well as protect one from infections. It is also a source of niacin which helps suppress inflammation and helps improve circulation.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula