



Corned Vegetable Medley Recipe

Preparation Time	10
Cooking Time	17
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 2 Tbsp onion, sliced
- 1 can corned beef (150g)
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 cup water
- 250 g squash, sliced
- 1 1/4 cups corn, white, shredded
- - salt, to taste
- - pepper, to taste
- 1 1/2 cups malunggay leaves

Preparation:

1. Sauté garlic, onion, and corned beef for 3 minutes. Add DEL MONTE Original Style Tomato Sauce, water, squash, and corn. Season with salt and pepper to taste. Bring to a boil then simmer for 10 minutes.
2. Add malunggay leaves. Simmer for 2 minutes.

Chef's Tip

To shred the corn, hold the corn upright on a chopping board then run a sharp knife from top to bottom, making sure not to include the woody and fibrous part of the cob.

Lusog Notes

This dish is a source of vitamin A which helps protect one from infections. Vitamin A is also important for the normal structure and functioning of the skin and other body linings.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon