



Easy Tomato Asado Recipe

Preparation Time	15
Cooking Time	42
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 2 tsp garlic, crushed
- 3 pc sibuyas Tagalog/shallots, cut into half
- 1 Tbsp liver spread
- 350 g pork, kasim, cut into 2 x 2-inch chunks
- 1 Tbsp sugar, brown
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 pc bay leaf/laurel leaf
- 2/3 cup water
- - salt, to taste
- - pepper, to taste
- 1 cup kamote, cut into chunks
- 1/4 cup bell pepper, red, cut into strips

Preparation:

1. Sauté garlic and shallots for 2 minutes. Add liver spread, pork, and brown sugar. Sauté for 5 minutes or until lightly browned.
2. Add DEL MONTE Original Style Tomato Sauce, stir then add laurel and water. Season with salt and pepper to taste. Bring to a boil and turn down to simmer for 20 minutes or until pork is tender, stirring occasionally.
3. Add kamote and bell peppers. Simmer for 7 minutes.

Chef's Tip

Browning the meat gives a meatier taste to the dish. Be careful though in browning as the brown sugar might burn. Cook the pork until the brown sugar caramelizes.

Lusog Notes

This dish is rich in vitamin A that maintains healthy vision and healthy skin. It is also a source of vitamin B1 that helps the body convert food into energy.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board