



## Hearty Lumpia Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>15</b>

### Ingredients:

- 2 Tbsp oil
- 2 1/2 Tbsp garlic, crushed
- 1/3 cup onion, red, chopped
- 200 g pork, ground
- 500 g puso ng saging/banana heart, trimmed then finely chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 2/3 tsp salt
- 1/2 tsp pepper, black
- 15 pcs lumpia wrapper
- 2 cups oil, for deep frying

### Preparation:

1. Sauté garlic, onion, ground pork, and banana heart in oil. Cook for 10 minutes. Add DEL MONTE Original Style Tomato Sauce, salt, and pepper. Cook for 5 minutes or until almost dry.
2. Place 2 tablespoons of mixture on each lumpia wrapper. Roll and seal edges with water. Deep fry until golden brown. Drain on paper towels. Serve.

### Chef's Tip

Banana hearts turn a dark color when exposed to air. To keep this from happening, soak the chopped banana hearts in water with a squeeze of calamansi. Drain well just before using.

### Lusog Notes

Two servings of this hearty dish contains iron needed for making red blood cells that carry oxygen around the body.

### Cooking Skills Needed

- Slicing
- Deep Frying
- Sautéing

### Cooking Tools

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