



Kalabasa Guisado Recipe

Preparation Time	15
Cooking Time	25
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 1/2 cup onion, red, chopped
- 2 tsp garlic, crushed
- 100 g pork, kasim, cut into strips
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 6 Tbsp bagoong alamang
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 4 cups kalabasa/squash, cut into matchbox pieces
- 2 cups sitaw/yardlong beans, cut into 2-inch length

Preparation:

1. In a pan, heat oil and sauté the onion and garlic until aromatic. Add the pork and continue sautéing until lightly browned.
2. Add DEL MONTE Tomato Ginisa then toast the paste slightly.
3. Add bagoong and water then season with salt and pepper.
4. Add squash and simmer covered for 7 minutes. Then, add the sitaw and simmer for another 3 minutes.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

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