



Law-Uy Recipe

Preparation Time	10
Cooking Time	27
Serving Size	5

Ingredients:

- 3 stalk tanglad, pounded
- 1/2 cup onion, sliced
- 1 Tbsp ginger, cut into strips
- 6 cup water
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 2 cup squash, cut into chunks
- 1 cup okra, cut diagonally into 2
- 1 cup sitaw, cut into 3-inches long
- 1 cup eggplant, sliced
- 1 cup malunggay leaves
- 1/4 tsp salt
- 3 pc galunggong, fried

Preparation:

1. In a pot, combine tanglad, onion, ginger, water, and DEL MONTE Original Style Tomato Sauce. Bring to a boil then simmer for 2 minutes.
2. Add squash and simmer until tender, then add okra and sitaw. Simmer for another 5 minutes or until tender.
3. Add in eggplant and malunggay, then simmer for 5 minutes.
4. Season with salt then turn off heat. Add the fried galunggong.

Chef's Tip

Tomato sauce adds richness and "linamnam" to this simple vegetable dish.

Lusog Notes

This Law-Uy vegetable dish is high in vitamin B1 that helps keep the nervous system healthy. It is also a source of calcium that helps make bones and teeth strong.

Cooking Skills Needed

- Pounding
- Slicing

Cooking Tools

- Ladle
- Chopping Board
- Pot