



Linat-an Recipe

Preparation Time	10
Cooking Time	62
Serving Size	5

Ingredients:

- 300 g pork, ribs
- 1 liter rice washing
- 1/2 cup onion, red, chopped
- 2 pc lemongrass, pounded and tied
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1/2 cup gabi, cut into chunks
- 1 cup sitaw/yardlong beans, cut into 2 1/2-inch long, blanched
- 1/4 cup bell pepper, red, cut into 1-inch squares, blanched
- 1 tsp salt
- 1/4 cup spring onion, chopped

Preparation:

1. Place the ribs and rice washing in a pot. Bring to a boil and simmer for 45 minutes while its skin-off or remove any dark bubbles that rise to the top as you simmer.
2. Add the onions, lemongrass, DEL MONTE Original Style Tomato Sauce, and gabi. Simmer for 10 minutes.
3. Add the sitaw and simmer for 5 minutes. Add the bell pepper and season with salt. Top with spring onions just before serving.

Chef's Tip

Use rice washing instead of water. The rice washing has starch from the rice which slightly thickens the soup.

Lusog Notes

This dish is high in vitamin A that is helpful in keeping the immune system healthy and in vitamin B2, which plays a role in energy production.

Cooking Skills Needed

- Slicing

Cooking Tools

- Pot
- Ladle
- Chopping Board