



## Meatballs Stew Recipe

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Preparation Time	10
Cooking Time	30
Serving Size	5

### Ingredients:

#### FOR THE MEATBALLS

- 150 g pork, ground
- 2 cups puso ng saging/banana heart, trimmed and chopped
- 1 pc egg
- 2 Tbsp onion, chopped
- 2 Tbsp all-purpose flour
  
- 2 cups oil, for deep frying

#### FOR THE SAUCE

- 2 Tbsp oil
- 1 tsp garlic, crushed
- 2 Tbsp onion, chopped
- 1 cup sayote, sliced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1 tsp sugar, white

### Preparation:

1. Mix all the ingredients for meatballs. Form every 1 tablespoon of meat mixture into balls. Deep-fry until golden brown. Set aside.
2. Sauce: Sauté garlic, onion, sayote, and DEL MONTE Filipino Style Tomato Sauce. Add water, salt, pepper, and sugar. Simmer for 10 minutes. Add meatballs. Serve at once.

### Chef's Tip

Banana heart oxidizes and turns brown after slicing. Soak the banana heart in water before using then squeeze the water out when ready to use.

### Lusog Notes

Two servings of this dish gives you a source of iron and vitamin A. Iron is needed for normal metabolism, while vitamin A helps promote normal vision and healthy skin.

### Cooking Skills Needed

- Frying

- Simmering

### **Cooking Tools**

- Chopping Board
- Mixing Bowl
- Colander
- Pot