



Meatballs Stew Recipe

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