



## Menudillo Recipe

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Preparation Time	05
Cooking Time	30
Serving Size	5

### Ingredients:

- 2 Tbsp oil
- 2 Tbsp onion, chopped
- 1 tsp garlic, minced
- 200 g pork, ground
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water
- 3/4 cup potato, small dice
- 1/2 cup carrot, small dice
- 1/2 tsp pepper, black
- 3 Tbsp soy sauce
- 1 pc bay leaf/laurel leaf

### Preparation:

1. Sauté onion, garlic, and pork until slightly browned.
2. Add DEL MONTE Filipino Style Tomato Sauce, water, potatoes, and carrots. Simmer for 10 minutes.
3. Add pepper, soy sauce, and laurel.
4. Simmer for 5 minutes.

### Chef's Tip

Cut the vegetables in approximately the same size so that they cook evenly. The vegetables should be fork tender.

### Lusog Notes

This Menudillo dish is rich in vitamin A that's great for the skin and for stronger immunity. It is also a source of vitamin C, which also helps to fight common infections.

### Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

### Cooking Tools

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