



Pineapple Afritada Recipe

Preparation Time	15
Cooking Time	45
Serving Size	10

Ingredients:

- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 1/3 cup onion, red, chopped
- 1 kg chicken, parts, cut up
- 1/8 tsp salt
- 1/8 tsp pepper
- 1 cup potato, cut into chunks
- 1/3 cup carrot, cut into chunks
- 1 cup green peas, frozen
- 1 cup Baguio beans, sliced into 2 1/2-inch lengths
- 1/2 cup bell pepper, red, cut into strips
- 1 can DEL MONTE Pineapple Tidbits (560g), drained, reserve syrup
- 3 pouch DEL MONTE Original Style Tomato Sauce (200g)

Preparation:

1. Sauté garlic, onion, and chicken. Add reserved pineapple syrup, salt, and pepper. Simmer while covered for 15 minutes or until meat is tender.
2. Add potatoes and carrot. Boil then allow to simmer while covered for 10 minutes. Add green peas, Baguio beans, bell peppers, DEL MONTE Pineapple Tidbits, and DEL MONTE Original Style Tomato Sauce. Cook for another 10 minutes or until vegetables are tender.

Chef's Tip

Simmer the chicken over low to medium heat in a covered pot to keep the liquid from evaporating before it is cooked.

Lusog Notes

This tasty dish is high in vitamin A that helps maintain healthy skin and helps promote normal growth and development. It also contains niacin that keeps the digestive and nervous systems healthy.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board