



QNE Ginataang Gulay At Sitaw Recipe (60g)

Preparation Time	10
Cooking Time	27
Serving Size	8

Ingredients:

- 2 Tbsp oil
- 1 cup onion, red, chopped
- 2 Tbsp garlic, pounded
- 150 g meat, sliced into strips
- 4 1/2 cups kalabasa/squash, sliced into 1 1/2-inch chunks
- 2 cups sitaw/yardlong beans, sliced into 3-inch lengths
- 1 cup water
- 1 pack DEL MONTE Quick n Easy Gata Mix (60g), dissolved in 1/2 cup water

Preparation:

1. Heat oil in a pan then sauté onion and garlic. Add the meat and sauté until lightly browned.
2. Add kalabasa, sitaw, and water. Cover the pan and simmer for 15 minutes.
3. Add the dissolved DEL MONTE Quick n Easy Gata Mix and stir. Bring to a boil then simmer for 5 minutes or until thick.

Chef's Tip

When adding the sitaw, make sure that it stays on top of the kalabasa. This steams the sitaw instead of cooking in the sauce. Then, Gently wiggle the pan to mix the ingredients instead of mixing with a spoon. This keeps the sitaw and kalabasa from overcooking and turning mushy.

Lusog Notes

This recipe is a good source of vitamin C that helps fight common infections and aids in wound healing. Vitamin C is also important for the normal structure and functioning of body tissues.

Cooking Skills Needed

- Boiling
- Slicing
- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Spoon
- Knife
- Pan
- Measuring Cups
- Spatula