



## QNE Menudo Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>71</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 1 Tbsp oil
- 400 g pork, kasim, cut into 1/2 inch cubes
- 100 g pork liver, cut into 1/2 inch cubes
- 3/4 cup water
- 1 cup potato, cut into 1/2 inch cubes
- 1/4 cup bell pepper, red, cut into strips
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 1 pouch DEL MONTE Quick 'n Easy Menudo Sauce (80g)

### Preparation:

1. Brown the pork and liver in oil. Add water and potatoes and simmer until cooked.
2. Add bell pepper, salt, and pepper.
3. Pour DEL MONTE Quick n Easy Menudo Sauce and simmer for 5 minutes.

### Chef's Tip

For special occasions, you can opt to add green peas, garbanzos and raisins.

### Lusog Notes

This recipe is high in vitamin A that maintains skin health and aids in immunity. It is also high in iron which is essential for the normal metabolism of the body.

### Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Spatula