



## Tofu And Togue Guisado Recipe

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Preparation Time	30
Cooking Time	15
Serving Size	6

### Ingredients:

- 1 Tbsp garlic, crushed
- 1/2 cup onion, sliced
- 200 g togue
- 5 pcs tokwa, fried and cut into cubes
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1 1/2 cups shrimp stock
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp soy sauce
- 1 1/2 cups kinchay, sliced

### Preparation:

1. Sauté garlic and onions. Add the remaining ingredients except kinchay. Season with salt, pepper, and soy sauce. Simmer for 3 minutes.
2. Stir in kinchay and simmer for another 2 minutes, or until cooked.

### Chef's Tip

To make shrimp stock: Do not throw away shrimp heads and peel. Add 1 1/2 cups of water to the heads and peel then pound to make a loose paste then strain.

### Lusog Notes

This Tofu and Togue Guisado recipe is high in calcium which is needed for strong bones and teeth. It is also high in protein that is important for growth and development.

### Cooking Skills Needed

- Slicing
- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Spatula