



Tofu Chili Recipe

Preparation Time	15
Cooking Time	25
Serving Size	14

Ingredients:

- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 1/2 cup onion, sliced
- 300 g chicken, ground
- 1 1/2 cup water
- 4 cup red kidney beans, canned, cooked
- 1/2 Tbsp salt
- 700 g tofu, cut into cubes
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (500g)
- 1/2 cup bell pepper, red, cut into cubes
- 2 Tbsp chili powder

Preparation:

- 1 Sauté garlic, onion, and ground chicken. Cook for 10 minutes.
- 2 Add water, kidney beans, and salt. Simmer for 10 minutes.
- 3 Add remaining ingredients. Cook for another 5 minutes.

Chef's Tip

Soak kidney beans overnight in water then boil until tender. Soaked beans will cook faster.

Lusog Notes

Two servings of this dish will give you a source of protein and iron. Protein is essential in growth and development while iron is needed for normal metabolism.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Pot
- Spatula