



Tofu Guisado Recipe

Preparation Time	10
Cooking Time	26
Serving Size	5

Ingredients:

- 4 cup tofu, sliced into 1-inch cubes
- 1 cup oil

- 2 Tbsp oil
- 1/2 cup onion, red, chopped
- 2 tsp garlic, crushed
- 150 g chicken, ground
- 1 pack DEL MONTE Tomato Ginisa (30g)
- 2 Tbsp soy sauce
- 1 cup water
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 1 cup kinchay (optional), chopped

Preparation:

1. In a pan, pre-heat oil and pan-fry tofu until crispy. Set aside.
2. In another pan, pre-heat oil then sauté onion until translucent. Add garlic and sauté until aromatic.
3. Add ground chicken and sauté until lightly browned.
4. Add DEL MONTE Tomato Ginisa and sauté until the paste lightly browns. Add the soy sauce.
5. Add water, salt, and pepper. Simmer for 5 minutes.
6. Toss in fried tofu and chopped kinchay if desired. Serve.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Chopping
- Simmering
- Pan-Frying
- Slicing
- Sautéing

Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups

- Rubber Spatula

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