

# Filipino-Style Menudo

This flavorful dish is ready in just under an hour. Try this delicious meal any night of the week for a fast and easy dinner.

Makes: 3 Servings

Prep/Cook Time: 40 minutes

Source: EatFresh.org

## Ingredients

- 1 Onion chopped
- 3 cloves Garlic finely minced
- 1 tablespoon Oil
- 1 pound Pork Stew Meat fat trimmed
- 15 ounces Tomatoes chopped (can)
- 1/2 cup Water
- 1 Potato large, chopped
- 2 Red Bell Peppers chopped
- 3 Carrots chopped
- Black Pepper to taste
- 1 tablespoon Soy Sauce (or Tamari for non-gluten)
- 15 ounces Garbanzo Beans drained, (optional)
- 3/4 cup Raisins (optional)

## Directions

1. Heat oil in the bottom of the skillet until it sizzles.
2. Add onions and garlic. Cook, stirring frequently, until soft.
3. Add pork and cook until lightly browned. Stir occasionally to prevent sticking.
4. Add tomatoes and water and cover. Cook until pork is tender. Check a few times and add more water if needed.
5. Add potatoes, bell pepper, carrots, soy sauce, and pepper. Cover and continue to cook until potatoes and carrots are tender.
6. Add garbanzo beans and raisins, if using. Heat for about 10 more minutes.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup (1/3 of recipe)

Nutrients	Amount
Calories:	468
Total Fat:	18 g
Saturated Fat:	6 g
Sodium:	600 mg
Total Carbohydrates:	58 g
Dietary Fiber:	19 g
Protein	24 g

## Utensils Needed

- Skillet
- Sharp Knife
- Measuring Spoons/ Cups
- Cutting Board

# SHOPPING LIST

Average total cost of ingredients without oil, vinegar, and seasonings/spices: \$16.52

Average cost/serving: \$5.50

Makes: 3 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Onion



Add 2 to Cart  
Fresh Red Bell Peppers



Add 1 to Cart  
Fresh Garlic Bulb



Add 1 to Cart  
Fresh Carrots, 1 lb bag



Add 1 to Cart  
Pork Stew Meat 1 lb



Add 1 to Cart  
Soy Sauce



Add 1 to Cart  
Diced Tomatoes (15 oz can)



Add 1 to Cart (Optional)  
Garbanzo Beans (15 oz can)



Add 1 to Cart  
Potato Large



Add 1 to Cart (Optional)  
Raisins

## SAVE TIME, SAVE MONEY

### Cooking Tips

- Make sure to drain and rinse canned beans for best flavor and to help remove any excess sodium before adding to your recipe.

## My Cooking Notes