

# Munggo Guisado

## (Sauteed Mung Beans) Recipe

1 tablespoon	corn oil
2 cloves	fresh garlic, crushed (or 1 tablespoon, minced)
1 cup	white onions, chopped (1 medium)
1 cup	raw tomatoes, chopped (2 small)
1 cup	raw lean pork, thinly sliced (4 ounces)
1 cup	raw shrimp, peeled (4 ounces)
1 cup	leaf spinach, frozen (about $\frac{2}{3}$ of a 10-ounce package)
3½ cups	precooked mung beans (from 1¾ cups dry beans)*
4 cups	water
1 teaspoon	salt
1 teaspoon	ground pepper

\* To cook dry, uncooked mung beans: Wash and boil the uncooked mung beans in a large saucepan, using 6 cups of water. Cook until tender, about 1½ to 2 hours. Drain.

### Quick Facts

This side dish is heart healthy because:

1. It is made with vegetables, seafood (shrimp), and lean meat.
2. A small amount of corn oil is added.
3. The pork is simmered slowly in moist heat.

1. In a skillet, heat oil, and saute crushed garlic until lightly brown.
2. Add onion and tomatoes. Saute until skin begins to curl.
3. Add pork, and saute until lightly brown.
4. Add water, and simmer pork for about 15 minutes.
5. Add the sauteed mix to mung beans, and continue to simmer 15 minutes.
6. Season with salt and ground pepper.
7. Add peeled shrimp.
8. Add frozen leaf spinach, and cook 4 minutes until done.

Yield:	Serving size:
<b>8 servings</b>	<b>1 cup:</b>
Calories	160 kcal
Total Fat	3.5 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	350 mg
Total Fiber	8 g
Protein	13 g
Carbohydrates	19 g
Potassium	370 mg

Source: Filipino American Food Practices, Customs, and Holidays, American Dietetic Association, 1994.