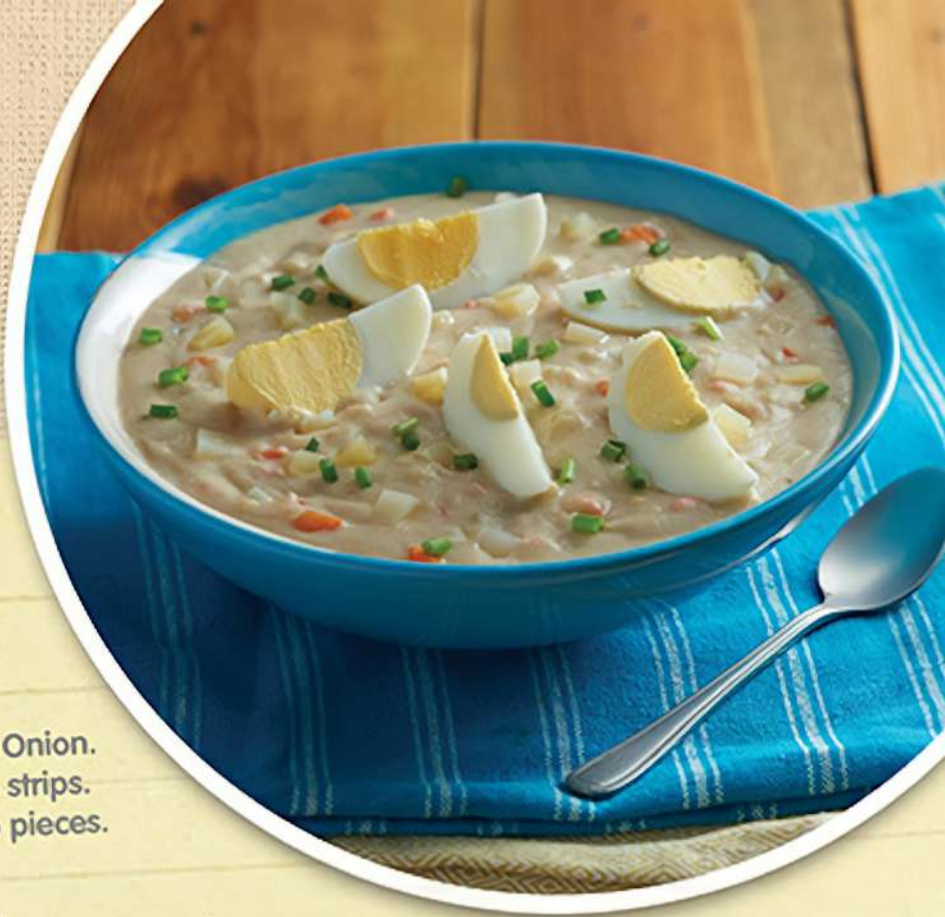


Cerelac Potato Congee



Ingredients:

- 1 hard-boiled egg, sliced
- 2 tsp. of Butter.
- 1 tsp. of Garlic.
- 1 inch slice of Ginger.
- 1 inch slice of Onion.
- 1 stalk of chopped Green Onion.
- 1 pc. of Carrot, sliced into strips.
- 1 small Potato, sliced into pieces.
- 2/4 cup water.
- Salt and pepper to taste.
- 8 tbsp. of CERELAC Chicken & Vegetables

How to prepare:

1. In a small pot, heat the butter. Sauté the garlic until brown then add ginger and onion.
2. Idagdag ang sliced potatoes at lutuin for a few minutes.
3. Add water and let it boil until the potatoes are tender. Hinaan ang apoy at ilagay ang carrots. Cook for 2 mins.
4. Add salt and pepper to taste.
5. Ilagay ang lahat ng ingredients sa bowl. Add 8 tbsp. of CERELAC Chicken & Vegetables at haluin nang mabuti.
6. Add hard-boiled egg as toppings and garnish with green chopped onion.

*Sources: Food and Nutrition Research Institute-Department of Science and Technology. Food Exchange Lists for Meal Planning. FNRI Publication No. 57-ND8(3). 2012 *Food and Nutrition Research Institute. (1997). The Philippine food composition tables 1997. Manila: Department of Science and Technology, Food and Nutrition Research Institute.

Recipe brought to us by:

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