

# Cinising Monggo

## INGREDIENTS

2 tbsp oil

Finely minced onion

Finely minced garlic

2 pcs tomato chopped

1 cup of monggo beans

water

Salt or Fish sauce

Pepper

Talbos ng ampalaya

Chicharon

## DIRECTIONS

Wash the monggo beans and soak in water for at least an hour. This will help soften the beans faster.

In a casserole, saute onion, garlic and tomatoes.

Add monggo beans and 2 cups of water

Cook for 30 minutes or until the monggo beans is soft enough

Season with fish sauce or salt and pepper

Add talbos ng ampalaya (ampalaya leaves)

Add Chicharon as topping



*Alternative for ampalaya leaves - malunggay leaves*