

Pochero A La Berding Gulay

Ingredients:

Amount	Unit	Item	Preparation
(1,.50 ,	(cup, Tbsp,	(egg, chaya leaves,	(crushed, diced, whole)
8)	g, ml)	sugar)	
1	cup	unripe papaya	peeled and sliced
1	cup	moringa leaves	
1	cup	green or winged beans	
3	pieces	ripe tomatoes	
3	pieces	ripe bananas	
1	cup	fish	dried
1	cloves	garlic	
3	stems	green onions	
1	small piece	ginger	thinly sliced
1	tbsp	cooking oil	
3	cups	water	
		salt to taste	

Recipe Instructions:

- 1. Sauté garlic and ginger in cooking oil until slightly brown.
- 2. Add water and bring to boil.
- 3. Add banana, beans and black pepper.
- 4. Cover and continue to boil.
- 5. When half-done add sliced papaya, dried minnow, tomatoes, green onions, and salt to taste.
- 6. Add moringa leaves.
- 7. Remove from heat when done and serve while hot.
- 8. Serves 8

http://edn.link/wcxmg7