

Pork Mechado

Yield: 4 min
Total Time: 72 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-cubes-recipe>

Ingredients:

- 1 1/2 pounds pork shoulder sliced into cubes
- 1 large potato cubed
- 1 red bell pepper medium, sliced
- 1 green bell pepper medium, sliced
- 1 cup frozen green peas
- 1 pork cube Knorr
- 1 lime or calamansi
- 3 tablespoons soy sauce
- 1 can tomato sauce
- 1 1/2 cups water
- 5 cloves garlic crushed and chopped
- 1 medium onion diced
- salt
- ground black pepper
- 3 tablespoons cooking oil

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 115 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 40 grams
7. SaturatedFat: 4 grams
8. Sodium: 1050 milligrams
9. Sugar: 6 grams

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