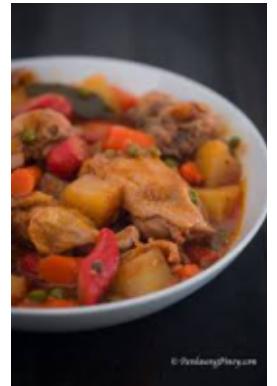


Line 27



Line 28



Line 29



Line 30



Line 31



Line 32



Line 33



Line 34



Line 35



Line 36



Line 37



Line 38



Line 39



Line 40



Line 41



FILIPINO CHICKEN STEW RECIPE!

Line 42



Line 43



Line 44



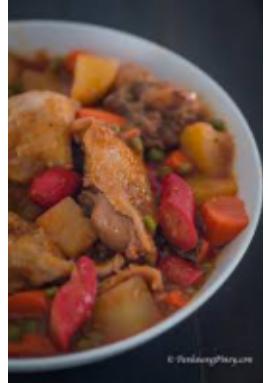
Line 45



Line 46



Line 47



Line 48



Line 49



Line 50



Line 51



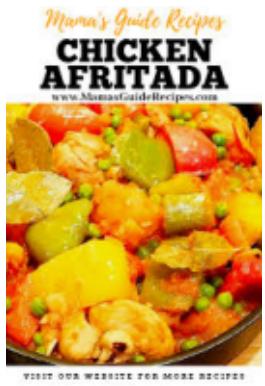
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Line 53



Line 54



Line 56



Line 57



Line 58



Line 59



Line 60



Line 61



Line 62



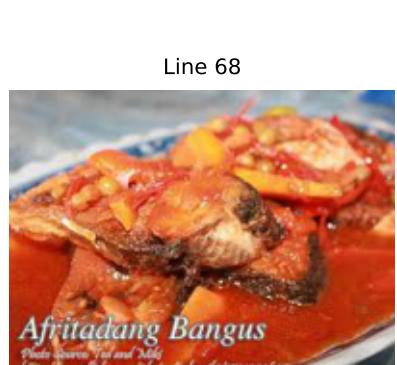
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Line 65



Line 66



Line 69



Line 70



Line 71



Line 72



Line 74

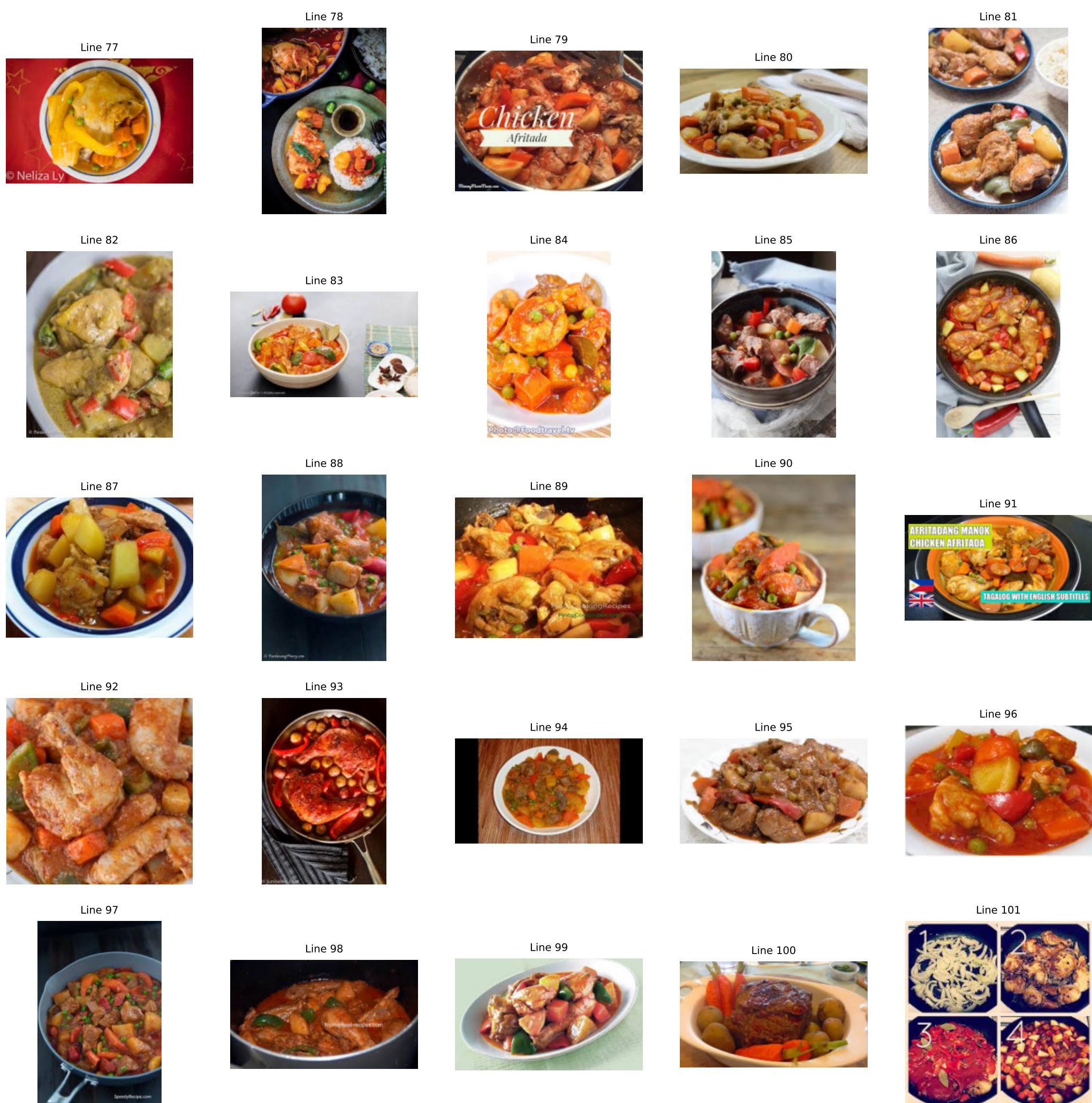


Line 75



Line 76





Line 102



Line 103



Line 104



Line 105



Line 106



Line 107



Line 108



Line 109



Line 110



Line 111



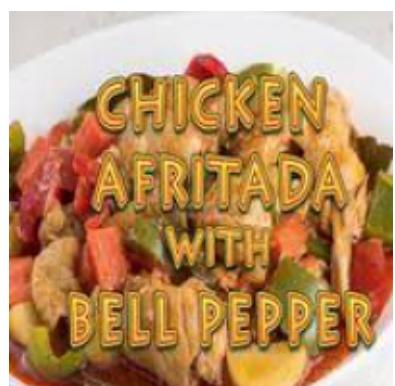
Line 112



Line 113



Line 114



Line 115



Line 116



Line 117



Line 118



Line 119



Line 120



Line 121



Line 122



Line 124



Line 125



Line 126



Line 127



How to Cook Afritada
A simple Filipino stew made with meat, potatoes, bell peppers, and carrots.
www.filipinotylerecipes.com

Line 128



Line 129



Line 130



Line 131



Line 132



Line 133



Line 134



Line 135



Line 136



Line 137



Line 138



Line 139



Line 140



Line 141



Line 142

Meat	Sauce	Vegetables	Others
Chicken	Tomato	Potatoes, Bell Peppers, Carrots, Peas	
BEEF	Tomato	Potatoes, Bell Peppers, Carrots	Liverwurst, Cheese, Peanut Butter, Chives, Olives
Beef with Bones	Tomato Paste		
Grocery Meat			
Beef	Tomato	Potatoes, Bell Peppers, Carrots	
Pork	Soy Sauce	String Beans	
Pork	Lemon or Lime		
Pork	Cubes Potatoes	Cubes Onions	Raisins
Pork (Ground)	Tomato		
Mechado			
Pork (Ground)	Tomato	Cubed Potatoes, Cubed Onions	
Mechado			



Line 144



Line 145



Line 146



Line 147



Line 148



Line 149

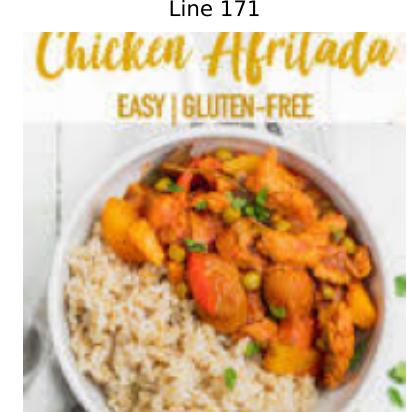
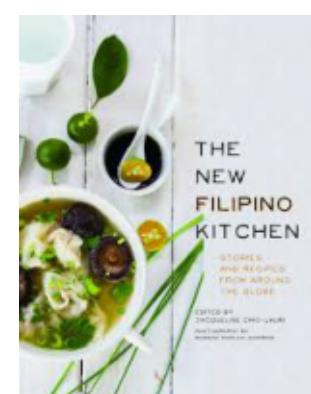


Line 150



Line 151





Line 177



Line 178



Line 179



Line 180



Line 181



Line 182



Line 183



Line 184



Line 185



Line 186



Line 187



Line 188



Line 189



Line 190



Line 191



Line 192



Line 193

