



Beef Caldereta Cups Recipe

Preparation Time	10
Cooking Time	45
Serving Size	9

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, minced
- 1/3 cup onion, red, chopped
- 500 g beef, ground
- 1 cup carrot, chopped
- 2 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g), reserve 2 Tbsp for the sauce
- 1/3 cup bell pepper, red, chopped
- 1/4 cup cream cheese
- 1/3 cup green onions, chopped
- - salt, to taste
- - pepper, to taste
- 36 pcs wonton wrapper, 3 1/2 x 3 1/2-inch
- 2 cups oil, for deep-frying

FOR THE SAUCE

- 1/2 cup cheese spread

Preparation:

1. Sauté garlic, onion, and ground beef for 5 minutes or until meat is browned.
2. Add carrots and DEL MONTE Quick n Easy Caldereta Sauce. Cook over medium heat for 10 minutes or until slightly dry, stirring occasionally.
3. Add the bell pepper, cream cheese, and green onions. Season with salt and pepper to taste. Remove from flame. Set aside.
4. Fill each wonton with 1-1/2 Tbsp of the beef mixture (about 3/4 full). Gather the edges and press to seal to form a cup. Deep fry until golden brown. Drain on paper towels.
5. Transfer into a platter. Make the sauce by mixing the cheese spread and reserved caldereta sauce. Drizzle on top of wonton cups.

Chef's Tip

While working on the wonton cups, cover the wonton sheets with a damp towel to keep them moist. The wonton wrappers easily dry out and will turn brittle and difficult to work with.

Lusog Notes

This dish is high in protein that is needed for growth, development and repair of body tissues. It is also high in vitamin A that helps prevent infections by keeping the immune system healthy.

Cooking Skills Needed

- Deep Frying
- Sautéing

- Slicing

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon