



Beef Caldereta Recipe

Preparation Time	10
Cooking Time	210
Serving Size	5

Ingredients:

- 2 Tbsp oil
- 2 1/2 Tbsp garlic, crushed
- 1/3 cup onion, red, sliced
- 650 g beef, shortribs, cut up
- 1/3 cup liver spread
- 2 1/2 cups water
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1 cup potato, cut into chunks
- 1 1/4 pcs bay leaf/laurel leaf
- 3/4 tsp salt
- 1/4 tsp pepper, black
- 1/2 Tbsp siling labuyo, sliced
- 2/3 cup green peas, cooked or frozen
- 1/3 cup bell pepper, red, cut into strips
- 1/3 cup bell pepper, green, cut into strips
- 1/4 cup cheese, grated

Preparation:

1. Sauté garlic, onion, and beef until beef turns light brown. Add liver spread and water. Bring to a boil then simmer for 2-3 hours or until beef is tender.
2. Add DEL MONTE Original Style Tomato Sauce, potato, laurel leaf, salt, pepper, and siling labuyo. Bring to a boil and turn down heat to simmer. Cook for 10 minutes.
3. Add green peas, bell peppers, and cheese. Bring to a boil then simmer for 15 minutes or until vegetables are tender.

Chef's Tip

Slow cooking this dish not only allows to tenderize the meat but also allows all the flavor to come together.

Lusog Notes

Vitamin A is important for normal vision and healthy skin as well as for protection from infections. This Caldereta recipe is high in in vitamin A. It is also a source of protein that supports growth and development.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups

- Measuring Spoon
- Pot

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