



Beef Tomato Curry Recipe

Preparation Time	30
Cooking Time	215
Serving Size	14

Ingredients:

- 2 1/2 Tbsp garlic, crushed
- 2 1/2 Tbsp patis
- 1 1/2 kg beef, shortribs, cut into 2-inch x 2-inch cubes

- 2 1/2 Tbsp oil
- 3 Tbsp ginger, sliced into strips
- 2 pc siling labuyo, sliced diagonally
- 1 1/2 pc siling haba, sliced diagonally
- 2 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 1/2 cup water

- 2 pack DEL MONTE Quick 'n Easy Gata Mix (40g), dissolved in 3/4 cup water
- 1/2 cup bell pepper, cut into 1-inch cubes
- 2 cup potato, cut into 1-inch chunks and fried

Preparation:

1. Combine garlic, patis, and beef. Marinate for 30 minutes in the refrigerator. Drain the meat and separate garlic.
2. Brown the meat in batches over medium to high heat.
3. Once browned, sauté ginger, reserved garlic, siling labuyo, and siling haba. Add DEL MONTE Quick 'n Easy Curry Mix then sauté for 1 minute. Add back the meat then add DEL MONTE Original Style Tomato Sauce and water. Bring to a boil then simmer covered for 3 hours.
4. When the meat is tender, add the dissolved DEL MONTE Quick 'n Easy Gata Mix then add bell pepper. Simmer for 5 minutes. Add potatoes. Serve.

Chef's Tip

Simmer the beef in a covered pot, simmering without a lid may cause the water to evaporate too much.

Lusog Notes

This Beef Tomato Curry recipe is a good source of protein that is needed for growth, development and repair of the body. It is also a source of niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot

