



Beef With Two Kinds Of Mushroom Recipe

Preparation Time	10
Cooking Time	69
Serving Size	5

Ingredients:

- 300 g sliced 1/8-inch thick then cut into wide strips

FOR THE MARINADE

- 1 2/3 Tbsp soy sauce
- 1/8 tsp pepper, black
- 2 Tbsp oil

FOR THE SAUCE MIXTURE

- 1 1/2 Tbsp garlic, crushed
- 1/3 cup onion, white, sliced
- 2/3 cup carrot, sliced into half moons
- 3/4 cup button mushroom, canned, drained (reserve liquid) and each piece sliced into 3
- 1/2 cup straw mushroom, canned (425g), canned, drained then slice each piece in half
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 2/3 cup water
- 1 1/4 Tbsp soy sauce
- 3/4 tsp sugar, white
- 3/4 cup celery, sliced diagonally 1-inch long

Preparation:

1. Marinate beef for 30 minutes. Drain and reserve marinade.
2. Fry beef in batches in oil until cooked. Set aside.
3. Using the same pan, add 1 Tbsp oil if needed and sauté garlic, onion, and carrots until carrots are tender. Add mushrooms and cook for 3 minutes. Set aside.
4. In the same pan, combine marinade, reserved mushroom liquid, DEL MONTE Original Style Tomato Sauce, water, soy sauce, and sugar. Bring to boil then simmer covered for 10 minutes over low heat.
5. Add meat and vegetable mixture. Simmer for another 5 minutes. Add celery. Simmer for 1 minute.

Chef's Tip

Cooking the meat, vegetables, and sauce separately makes sure that they are done properly and are not overcooked.

Lusog Notes

This Beef With Two Kinds of Mushroom Recipe is high in iron that is needed for normal metabolism and vitamin A which helps maintain healthy skin and normal vision.

Cooking Skills Needed

- Boiling
- Frying
- Simmering

Cooking Tools

- Chopping Board
 - Measuring Cups
 - Measuring Spoon
 - Pot
 - Spatula
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