



Burger Steak Recipe

Preparation Time	20
Cooking Time	65
Serving Size	5

Ingredients:

- 3/4 cup bread, white loaf, diced
- 1 Tbsp milk, evaporated (370ml)
- 1/2 cup beef, ground
- 1/3 cup tokwa, cut into small cubes
- 1 pc egg
- 2 Tbsp onion, red, chopped
- 1/2 Tbsp garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper, black
- 2 Tbsp oil, for pan-grilling

- 2 Tbsp oil, for sautéing
- 1/2 Tbsp button mushroom, canned, sliced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water
- 1 1/4 tsp sugar, brown
- 1 tsp patis
- - pepper, to taste
- 2 Tbsp green peas (optional), frozen

Preparation:

1. Combine bread and milk. Mix until bread is soggy. Combine with beef, tokwa, egg, onion and half of garlic. Season with salt and pepper. Mix well.
2. Divide into 10 portions (about 1 1/2 Tbsp each) and form into patties. Pan-grill in oil until brown on both sides. Set aside.
3. Sauté remaining garlic and mushrooms. Add DEL MONTE Filipino Style Tomato Sauce, water, brown sugar, patis and pepper to taste. Bring to a boil and turn down to simmer for 15 minutes. Add green peas and patties. Allow to simmer.

Chef's Tip

Patties and meatballs can be made juicier by adding a mixture of bread and milk that will add moisture to the meat and at the same time act as extender.

Lusog Notes

This Burger Steak recipe contains protein that helps build and repair body parts and also provides energy.

Cooking Tools

- Chopping Board
- Pot

