



Caldereta Recipe (Party)

Preparation Time	10
Cooking Time	210
Serving Size	30

Ingredients:

- 3/4 cup oil
- 1 cup garlic, crushed
- 2 cups onion, red, sliced
- 4 kgs beef, shortribs, cut up
- 2 cups liver spread
- 15 cups water
- 1 pouch DEL MONTE Original Style Tomato Sauce (1kg)
- 2 pouches DEL MONTE Original Style Tomato Sauce (250g)
- 6 cups potato, cut into chunks
- 7 1/2 pcs bay leaf/laurel leaf
- 1 1/2 Tbsp salt
- 1/2 Tbsp pepper, black
- 1/4 cup siling labuyo, sliced
- 4 cups green peas, cooked or frozen
- 2 cups bell pepper, red, cut into strips
- 2 cups bell pepper, green, cut into strips
- 1 1/2 cups 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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