



## Caldereta Recipe (Party)

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>210</b>
<b>Serving Size</b>	<b>30</b>

### 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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