



## Cocido Recipe

---

<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>140</b>
<b>Serving Size</b>	<b>12</b>

### Ingredients:

- 600 g beef, round, cut into 2 1/2-inch cubes
- 600 g pork, liempo, cut into 2 1/2-inch cubes
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/4 cup oil, for frying
- 3 Tbsp garlic, crushed
- 1/3 cup onion, chopped
- 1 3/4 cups water
- 2 pouches DEL MONTE Original Style Tomato Sauce (200g)
- 2 pcs chorizo de bilbao, sliced
- 2 pcs bay leaf/laurel leaf
- 1/2 tsp peppercorn, black
- 1/2 cup garbanzos, cooked
- - salt, to taste
- - pepper, to taste
- 2 cups potato, cut into chunks
- 2 cups Baguio beans, sliced
- 3 3/4 cups cabbage, sliced

### Preparation:

1. Season beef and pork with salt and pepper. Brown in oil. Set aside meat and remove excess oil.
2. In the same pan, sauté garlic, onion and beef. Add water. Cover and simmer until meat is tender (adding more water if needed).
3. Add pork, DEL MONTE Original Style Tomato Sauce, chorizo, laurel, peppercorn, garbanzos and salt and pepper to taste. Simmer until meat is tender.
4. Add potatoes. Cover and simmer for 10 minutes. Add Baguio beans and cabbage. Cook for another 3 minutes. Serve.

### Chef's Tip

Cook the beef over low heat until tender. When tender, add the pork as the pork tenderizes faster than the beef.

### Lusog Notes

This recipe is a source of vitamin A that helps resist infections and maintain healthy skin. It also has niacin that helps keep the digestive and nervous systems healthy.

### Cooking Skills Needed

- Slicing
- Sautéing

- Simmering

### **Cooking Tools**

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon