



Del Monte Red Beef Bulalo Recipe

Preparation Time	15
Cooking Time	137
Serving Size	6

Ingredients:

- 500 g beef, shank/kenchi, cut into chunks
- 1/4 cup onion, red, sliced
- 1 Tbsp ginger, sliced
- 1/4 tsp peppercorn, crushed
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 6 cup water
- 1/2 tsp salt
- 250 g corn, each cut into 3
- 2 pc banana, saba, ripe, peeled and each cut into 3
- 2 1/2 cup potato, cut into chunks
- 2 bundle pechay Baguio, sliced
- 1/4 cup leeks, sliced

Preparation:

1. Combine beef, onion, ginger, peppercorns, DEL MONTE Tomato Sauce, and water. Season with salt to taste. Bring to a boil, cover and simmer for 1 hour and 30 minutes or until meat is almost tender.
2. Add corn, saba, and potatoes. Cook for another 10 minutes. Add pechay and leeks. Allow to simmer.

Chef's Tip

Beef kenchi is boneless beef shank. This cut has a lot of connective tissues and tough muscle. Cook over low heat to break down the lipid, resulting in more tender meat and a more flavorful dish.

Lusog Notes

This tasty Del Monte Red Bulalo dish contains vitamin C and niacin. Vitamin C helps in wound healing and keeps gums healthy. On the other hand, niacin helps convert the food that we eat to energy.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot