



## Del Monte Red Beef Bulalo Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>137</b>
<b>Serving Size</b>	<b>6</b>

### 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