



Family-size QNE Beef Caldereta Recipe

Preparation Time	10
Cooking Time	140
Serving Size	10

Ingredients:

- 1 kg beef, brisket, cut into chunks
- 7 Tbsp liver spread
- 5 cup water
- 2 cups potato, cut into chunks
- 1 cup green peas, frozen
- 2/3 cup bell pepper, red, cut into strips
- 1 pouch DEL MONTE Quick n Easy Caldereta Sauce (160g)

Preparation:

1. Bring beef, liver spread, and water to a boil then turn down heat. Simmer in a covered pot until the beef is tender.
2. Add the potatoes and cook until tender, then add green peas and bell peper.
3. Pour DEL MONTE Quick n Easy Caldereta Sauce then simmer for 5 minutes.

Chef's Tip

Potatoes should be fork tender in stews. To check if they are done, pierce a piece of potato with a fork. It is cooked if the fork slides in easily.

Lusog Notes

This classic Filipino dish is high in vitamin A that helps promote normal growth and development. It is also a source of iron which is essential for normal metabolism.

Cooking Skills Needed

- Boiling
- Chopping
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula