



## QNE Beef Caldereta Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>140</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 500 g beef, brisket, cut into chunks
- 1 1/2 Tbsp liver spread
- 2 1/2 cup water
- 1 cup potato, cut into chunks
- 1/2 cup green peas, frozen
- 1/3 cup bell pepper, red, cut into strips
- 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)

### Preparation:

1. Bring beef, liver spread, and water to a boil then turn down heat to simmer until tender.
2. Add the potatoes and cook until tender, then add green peas and bell pepper.
3. Pour DEL MONTE Quick 'n Easy Caldereta Sauce and 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 Tools

- Chopping Board
- Pot