

# **QNE Beef Caldereta Recipe**

Preparation Time Cooking Time Serving Size 10 140 5

#### 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

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