

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

© Copyright 2024 Del Monte Phillipines, Inc.