



## QNE Beef Mechado Recipe

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Preparation Time	5
Cooking Time	90
Serving Size	4

### Ingredients:

- 1/2 kg beef, round, cut into chunks
- 2 cup water
- 2/3 cup potato, cut into chunks
- 5 pc sibuyas Tagalog/shallots, peeled
- 1 pc bay leaf/laurel leaf
- 1/2 tsp salt
- 1/8 tsp pepper, black
- 1/4 cup water
- 1 pouch DEL MONTE Quick 'n Easy Mechado Sauce (80g)

### Preparation:

1. Boil beef in water then simmer until beef is tender.
2. Add potato, onion, laurel, salt, and pepper. Add water.
3. Pour DEL MONTE Quick 'n Easy Mechado Sauce and simmer for 5 minutes.

### Chef's Tip

Sibuyas Tagalog or shallots are hard to peel. Soak them in water to make the paper-like skin to slide off easily.

### Lusog Notes

This dish is high in protein that is needed for growth, development and repair of body tissues. It is also high in vitamin A that helps prevent infections by keeping the immune system healthy.

### Cooking Tools

- Chopping Board