



## Vietnamese Beef Stew Recipe

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Preparation Time	10
Cooking Time	130
Serving Size	8

### Ingredients:

- 1 kg beef, shortribs, cubed
- 2 Tbsp garlic, crushed
- 1/4 cup ginger, sliced into sticks
- 2 tsp five-spice powder
- 4 tsp sugar, brown
- 3 Tbsp patis
- 1/2 cup onion, red, chopped
- 1 pouch DEL MONTE Quick 'n Easy Mechado Sauce (80g)
- 3 pc lemongrass, pounded and tied
- 2 pc star anise
- 2 liter water
- 1/4 cup basil, fresh
- 1/2 cup cilantro, roughly chopped
- 1 cup carrot, cut into chunks
- 1 cup potato, cut into chunks

### Preparation:

1. Combine all ingredients in a pot except carrot and potato. Cook until beef is tender.
2. When the beef is tender, add the carrot and potato and cook until the vegetables are easily pierced with a fork.

### Chef's Tip

Pound the lemongrass to release the essential oils in the stalks.

### Lusog Notes

This Vietnamese Beef Stew recipe is high in protein, which is important for growth and development and vitamin A that helps maintain healthy skin and normal vision and also plays a role in immunity.

### Cooking Skills Needed

- Mixing