



Vietnamese Beef Stew Recipe

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