



Beef Caldereta

NIBBLEDISH CONTRIBUTOR

Ingredients

1 kilo beef, cut into chunks

1 big can (350g) liver spread or ground liver

5 onions, minced

5 cloves garlic, minced

6 tomatoes, sliced

1 cup tomato sauce

3 green peppers, diced

3 red peppers, diced

4 pieces hot chilli peppers, minced

3/4 cup grated cheese

2 cups beef stock or water

1/4 cup cooking or olive oil

Crete GreeceLuxury Villas Crete

Instructions

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In a casserole, sauté: garlic and onions in oil. Then add tomatoes, red & green pepper and chilli peppers.

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Add in the beef, tomato sauce, liver spread and water or stock. Salt to taste and let simmer for at least 1 hour or until the beef is tender.

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Add cheese and olives (optional) and continue to simmer until the sauce thickens.

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Serve with plain rice