



Mechado

Mechadong Baka or beef mechado is a type of Filipino beef stew. It is cooked in a tomato-based sauce

Recipes

- 1 1/2 lb. beef chuck cubed
- 1 8 oz. can tomato sauce
- 1 large baking potato cubed
- 1 large red bell pepper cut into squares
- 4 pieces dried bay leaves
- 1 medium ripe tomato cube
- 1 medium red onion chopped
- 4 cloves garlic chopped
- 4 tablespoons soy sauce
- 1 1/2 cups beef broth
- 1/2 lemon
- 3 tablespoons cooking oil
- Salt and ground black pepper to taste

Steps:

1. Arrange beef in a bowl. Pour soy sauce and squeeze half a lemon. Mix well. Marinate for 3 hours.
2. Heat oil in a pressure cooker.
3. Saute onion, garlic, and tomato.
4. Once the onion and tomato are soft, add the marinated beef, including the marinade.
5. Pour tomato sauce and beef broth. Let boil.
6. Add bay leaves. Pressure cook for 20 to 30 minutes.
7. Add potato. Continue to cook uncovered in medium heat for 5 to 8 minutes.
8. Add bell pepper. Cook for 8 minutes.
9. Season with salt and ground black pepper. Stir.
10. Transfer to serving bowl. Serve.
11. Share and enjoy!