

Chicken Filling

From Nelson's Kitchen
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This is a general-purpose beef filling recipe that could be used for Pastelão, risolis, or pastéis. It is also delicious in a simple pressed sandwich or as a topping for pizza.

Ingredients:

- 1/2 pound of regular or lean ground beef
- 1 medium onion (about 1 cup when finely diced)
- 1 cup of drained can whole tomatoes chopped
- 1 1/2 Tablespoon of Better Than Bullion concentrated chicken stock
- Italian parsley

Procedure:

- Make the Filling
- Cook the ground beef until all the water evaporates and it starts sizzling. Do not sautee for browning.
 - Place a strainer over a large bowl and put the ground beef with its melted fat in the strainer. Let it sit for a few minutes for the fat to drain out of the ground beef.
 - Return two Tablespoons of the beef rendered fat to the pan where you cooked the ground beef.
 - Sautee the onions for a few minutes until it is translucent and just very lightly golden.
 - Add tree Tablespoons of water to the onions, cover the pan and cook for a few minutes to steam the onions.
 - Remove the lead and continue cooking until all the water has evaporated.
 - Add the chopped tomatoes and the concentrated chicken stock.
 - Cook for between 5 and 10 minutes until the tomatoes soften.
 - Return the drained ground beef to the pot.
 - Either discard or save the remaining rendered fat for a different application.
 - Cook for about 10 minutes, stirring from time to time.
 - Taste for salt and adjust to your taste. The filling should be slightly salty.
 - The filling should be dry with the onions and tomatoes incorporated into the ground beef.