



Beef Picadillo

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<ol style="list-style-type: none"> Combine brown rice and water in a small stockpot. Stir once. Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork. Heat a medium skillet on medium-high heat on top of the stove. If using skillets: For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
Water		1 qt		2 qt	
Beef, ground, 90% lean, fresh or frozen, raw	3 lb 2 oz		6 lb 4 oz		
					<ol style="list-style-type: none"> Brown ground beef. Drain. Critical Control Point: Heat to 165 F or higher for at least 15 seconds.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, peeled, ¼" diced	1 lb 4½ oz	1 qt 1⅛ cup	2 lb 9 oz	2 qt 2¼ cup	<p>5 Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir frequently.</p>
*Green bell peppers, fresh, ¼" diced	1 lb 4½ oz	1 qt ¼ cup	2 lb 9 oz	2 qt ½ cup	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Tomatoes with juice: diced, canned	12½ oz	1½ cup (⅛ No. 10 can)	1 lb 9 oz	3 cup (¼ No. 10 can)	<p>6 Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.</p>
Tomato sauce, canned	14½ oz	1¾ cup (¼ No. 10 can)	1 lb 13 oz	3½ cup (⅓ No. 10 can)	
Raisins, seedless, unpacked	8 oz	2 cup	1 lb	1 qt	
Oregano, dried		1 tsp		2 tsp	
Cumin, dried, ground		2 tsp		1 Tbsp 1 tsp	
Cilantro, fresh, chopped (optional)	2 oz	½ cup 1 tsp	4 oz	1 cup 2 tsp	<p>7 Serve ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice. Garnish with 1 teaspoon cilantro (optional).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice.

NUTRIENTS	AMOUNT
Calories	202
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	147 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	N/A
Calcium	34 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature Onions	1 lb 8 oz	2 lb 15 oz
Green Bell Peppers	1 lb 10 oz	3 lb 4 oz
Garlic	4 cloves	8 cloves

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variations

If beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. Frozen bell peppers may be substituted for fresh bell peppers.

YIELD/VOLUME

25 Servings	50 Servings
7 lb 9 oz	15 lb 2 oz
13½ cup picadillo and 1 qt 2½ cup rice	27 cup picadillo and 3 qt ½ cup rice