



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.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 40 minutes

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INGREDIENTS

- ½ cup** brown rice, long-grain, uncooked
- 1 cup** water
- 12 ounces** beef, ground, 90% lean, fresh or frozen, raw
- 1 ¼ cups** onions, fresh, peeled, ¼" diced
- 1 cup** green bell peppers, fresh, ¼" diced
- 1 clove** garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- ⅓ cup** tomatoes with juice, diced, canned
- 1 cup** tomato sauce, canned
- ½ cup** raisins, seedless, unpacked
- ¼ teaspoon** oregano, dried
- ½ teaspoon** cumin, dried, ground
- 2 tablespoons** cilantro, fresh, chopped (optional)

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DIRECTIONS

- 1.** Combine brown rice and water in a small pot. Stir once.
- 2.** Heat on medium-high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, 15–20 minutes. Fluff the rice gently with a fork.
- 3.** Heat a medium skillet on medium-high heat on top of stove.
- 4.** Brown ground beef. Drain. Heat to 165 °F or higher for at least 15 seconds.
- 5.** Add onions, bell peppers, and garlic to ground beef. Sauté on medium–high heat until onions and bell peppers are soft. Stir frequently.
- 6.** Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil, and remove from heat.
- 7.** Serve ½ cup picadillo over ¼ cup rice. Garnish with 1 teaspoon cilantro (optional).

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ½ cup picadillo over ¼ cup 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.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

½ cup picadillo over ¼ cup rice provides
1 ½ oz equivalent meat, ¼ cup vegetable,
and ½ oz equivalent grains.

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CHEF TIPS

For optimal browning and taste:

- 1) Do not rinse ground beef.
- 2) Do not crowd ground beef.

Crowding may cause the juices to pool
around the meat. Pooling causes the
juices to steam the meat rather than
brown it, making it less flavorful.

Variations

If ground 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.