

# Picadillo

6 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 1 Tablespoon extra virgin olive oil, divided
- 1 pound extra lean ground beef (95%)
- ¼ large white onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ red or green bell pepper, finely chopped
- 1 bay leaf
- 1 (15 ounce) can of low sodium crushed tomatoes
- 1 medium russet potato, peeled and diced into ½" cubes
- 1 large carrot, diced into ½" cubes
- Optional: ½ cup low sodium chicken broth or water
- ¼ cup cilantro, chopped
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

## DIRECTIONS

1. Heat a large skillet over medium-high heat. Add ½ Tablespoon oil and ground beef. Cook, separating with a spatula, until browned. Remove the beef from the skillet with a slotted spoon and set aside. Remove any excess grease that is left in the skillet with the paper towel.
2. Add the remaining oil to the skillet. Add the onion, garlic, and cumin. Sauté until the onion is translucent, about 5 minutes. Add the bell pepper and continue to sauté another minute. Add the bay leaf, tomatoes, beef, potatoes, and carrots to the skillet. Stir gently, bring to a boil, and then turn down heat to a simmer.
3. Add chicken broth or water if the mixture gets too dry. Continue to simmer for 20 minutes or until the potatoes and carrots have cooked through. Add the cilantro, salt, and pepper, and remove the skillet from heat.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 44mg	<b>4%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 646mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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