



## 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

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- 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

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- 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.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>202</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	38 mg
<b>Sodium</b>	<b>147 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
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.