



Mexican Lamb Picadillo

A classic Mexican meat and potato “hash.” This basic version is common throughout Central Mexico. There are many different interpretations of picadillo throughout Latin America.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Washington State, Office of Superintendent of Public Instruction on behalf of Orcas Island School District

Preparation Time: 1 hour 30 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle) provides 1 ¼ oz equivalents meats/meat alternates, ⅛ cup additional vegetable, ⅜ cup starchy vegetable, ⅜ cup red/orange vegetable, ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	<ol style="list-style-type: none"> 1. Heat tilt skillet or large stock pot over medium high heat. 2. Add oil and coat inside of pot or tilt skillet. 3. Add ground lamb and sauté, stirring regularly, until meat is cooked through and well browned. 4. Drain and discard fat. 5. Prep and dice potatoes, onions, carrots, and peppers.
Lamb, ground, no more than 20% fat	7 lb		14 lb		
*Potatoes, raw, yellow flesh and skin, diced or cubed	10 lb		20 lb		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onion, mature, yellow, raw, chopped	5 lb		10 lb		6. Add potatoes, onions, carrots, and peppers to lamb. Sweat vegetables for 10-15 minutes until onions and peppers are softened.
*Carrots, diced, raw	4 lb		8 lb		
*Green bell peppers, fresh, diced	1 lb		2 lb		
Garlic, raw, chopped	2 oz	¼ cup	4 oz	½ cup	7. Add garlic, stir, cook 1-2 minutes until fragrant.
Tomatoes, canned, crushed, no salt added	6 lb 6 oz	1 No. 10 can	12 lb 2 oz	2 No. 10 cans	8. Add tomatoes, beef broth, cumin, coriander, pepper, bay leaf, and salt. Stir to combine. Bring to a simmer.
Beef broth		2 qt		1 gal	
Cumin, ground		3 Tbsp		¼ cup ½ Tbsp	Critical Control Point: Bring to a minimum temperature of 165 °F or higher for at least 15 seconds.
Coriander, ground		2 Tbsp		3 Tbsp	
Black pepper, ground		1 Tbsp		1 ½ Tbsp	Critical Control Point: Hold for hot service at 135 °F or higher, or Chill for later use in pans with no more than 2" depth of food. Cool to 70 °F within 2 hours and 40° F or lower in under 4 hours. Reheat to a minimum of 165 °F.
Bay leaf, dried, whole		2 each		3 each	
Salt, kosher		2 Tbsp		¼ cup	11. Portion with 8 oz spoodle (1 cup).

MEXICAN LAMB PICADILLO
NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS **AMOUNT**
Calories **254**

Total Fat **9 g**
Saturated Fat 3 g
Cholesterol 40 mg
Sodium **426 mg**
Total Carbohydrate **26 g**
Dietary Fiber 4 g
Total Sugars 6 g
Added Sugars included 0 g
Protein **17 g**

Vitamin A 16 mcg RAE
Vitamin C 29 mg
Vitamin D 0 IU
Calcium 46 mg
Iron 2 mg
Potassium 955 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Carrots, fresh, without tops	4 lb 14 oz	9 lb 11oz
Potatoes, fresh, whole	10 lb 2 oz	20 lb 4 oz
Onions, mature, fresh, whole	5 lb 11 oz	11 lb 6 oz
Peppers, bell, fresh, whole	1 lb 4 oz	2 lb 8 oz

NOTES

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

Ground beef or turkey can be substituted for lamb.

Variations by region:
Southern Mexico: add raisins, capers, and almonds
Northern Mexico: use shredded beef and add green peas
Puerto Rico: add raisins, olives, and smoked paprika
Cuba: add raisins, olives, cinnamon
Filipino: add green peas and raisins

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 25 lb About 3 gal 2 cups 1 full-size 4" hotel pan (12" x 20" x 4")	About 50 lb About 6 gal 1 qt. 2 full-size 4" hotel pan (12" x 20" x 4")

