

# PICADILLO

## INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 small bell pepper, diced
- 4 garlic cloves, minced
- 2 dried bay leaves
- 1 pound ground beef (93% lean)
- 1 tablespoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper
- ½ cup raisins
- 1 cup chopped tomatoes (if using canned, use crushed or diced and no salt added)
- ½ cup green olives, chopped
- ½ tablespoon capers, drained
- ¼ cup water
- ¼ cup dry white wine or sherry
- 2 tablespoons fresh cilantro, chopped (optional)

55 MINUTES | SERVES 4

### Nutrition Facts

337 calories | 14g fat | 4g saturated fat | 559mg sodium  
| 26g carbohydrate | 3g fiber | 16g sugar | 25g protein

## DIRECTIONS:

1. Heat a large pan or a skillet over medium-high heat. Add ground beef and cook, stirring continually with a wooden spoon, until browned, up to 10 minutes. Once cooked, wipe away any remaining oil and set meat aside.
2. Reduce heat to medium, add olive oil to the same pan or skillet, and add the chopped onion and pepper. Cook and stir until softened, stirring occasionally, about 5 minutes. Add minced garlic and bay leaf, stir, and cook for 1 more minute.
3. Add cumin, oregano, raisins, tomatoes, olives, and capers, and stir to combine. Return beef to the pan along with water and wine. Allow to cook and reduce over medium heat, stirring occasionally, for 10 to 15 minutes.
4. Add another splash of water if moisture is needed to continue to cook, then remove from heat. Remove bay leaf, garnish with cilantro (if using), and serve warm with brown rice, plantains, cooked potatoes, or other desired side.

