



Picadillo (CNPP)

Prep time: 20 minutes

Cook time: 25 minutes

Makes: 4 Servings

This recipe starts with seasoned and browned ground beef simmered with tomatoes and beans and is finished with a mix of olives and raisins. Served over rice, this flavorful dish makes quick and easy meal.

Ingredients

1 cup uncooked brown rice

2 cups water

2 teaspoons vegetable oil

1 yellow onion (peeled and diced)

1 bell pepper (cored, seeded, and diced)

2 cloves garlic (peeled and minced)

Nutrition Information

Nutrients	Amount
Calories	463
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	42 mg
Sodium	490 mg
Total Carbohydrate	71 g
Dietary Fiber	13 g
Total Sugars	11 g
Added Sugars included	0 g
Protein	31 g
Vitamin D	0 mcg
Calcium	127 mg
Iron	5 mg
Potassium	1015 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1 1/2 cups
 Grains	1 1/2 ounces
 Protein Foods	2 ounces

1 1/2 teaspoons dried oregano

1 teaspoon ground cumin

1/4 teaspoon black pepper

1/4 teaspoon Kosher salt

3/4 pound lean ground turkey or beef

1 can 14.5 ounce low-sodium diced tomatoes (including liquid)

1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)

1/4 cup green olives (chopped)

1/4 cup raisins

Directions

Prepare the rice:

1. Cook as instructed on the package.

Prepare the Picadillo:

2. Place the skillet on the stove over medium heat and when hot, add oil. Add the onion, pepper, and garlic. Cook and stir about 10 minutes until the onion is softened and lightly browned.
3. Add oregano, cumin, pepper, and salt, and stir well.
4. Add beef, in small amounts. Stir well and cook about 5 minutes until the beef is cooked throughout.
5. Add beans and tomatoes and simmer about 15 minutes until mixture blends together.

6. Add olives and raisins. Stir well and cook about 2 minutes until heated through.

7. Serve over rice or refrigerate in an airtight container for up to 3 days. Serve with avocado, if desired.

Notes

Dried cranberries can be used instead of raisins.

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube](#) site

Source: USDA Center for Nutrition Policy and Promotion