

# BEYOND HUNGER

## 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. It traditionally contains raisins. (Did you know ¼ cup dried fruits, like raisins, fulfills 1 serving of a fruit?) Serve it over rice or as a filling in tacos.*

**Yield:** 6 servings

### Ingredients

- ½ cup **brown rice**, long-grain, uncooked
- 1 cup **water**
- 1 pound **ground beef or turkey** (lean or extra lean preferred)
- 1¼ cups **onions**, diced
- 1 cup **green bell peppers**, diced
- 1 **garlic** clove, minced
- 1/3 cup **diced tomatoes** with juices, canned no-salt-added
- 1 cup no-salt-added **tomato sauce**
- ½ cup **raisins**, seedless, unpacked
- ¼ teaspoon **oregano**, dried
- ½ teaspoon **cumin**, dried, ground
- 2 tablespoons **cilantro**, fresh, chopped (optional)

### Instructions

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. Brown ground beef. Drain off any excess grease.
4. Add onions and bell peppers, sauté on medium high heat until onions and bell peppers are soft, about 5 minutes.
5. Add garlic to ground beef. Stir frequently until garlic is cooked through, about 2 minutes.
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).

**Per Serving:** Calories 198, Carbohydrates 29.8 g, Protein 15.3 g, Saturated Fat 1 g, Sodium 50 mg, Fiber 3 g, Sugars 12 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from USDA Team Nutrition.

