

Picadillo  
Makes 4 servings

3/4 lb. ground beef, 90% lean/ 10% fat  
1 medium potato, 1/2" cube dice  
1/2 medium onion, chopped fine  
3/4 c diced red bell pepper  
1/4 t ground cumin  
1/4 t oregano  
1/8 t salt  
1/2 cup no salt added tomato sauce  
1/2 - 6 oz. can tomato paste  
1 cup water  
1 T cider vinegar  
3 T chopped green olives  
4 T seedless raisins



Heat beef in a non-stick pan on medium high heat. After 1 minute begin breaking up large pieces with a spoon every ~30 seconds. After 3 minutes add potatoes and cover pan. Continue to heat taking off the cover every 30 seconds to break up meat. After an additional 3 minutes add onions and bell pepper. Heat covered for an additional 3 minutes, stirring every minute. When meat is totally browned and onions are translucent add all remaining ingredients. Bring to a boil then reduce to a simmer. Stir every 5 minutes until potatoes are cooked to taste, then serve. If stew sticks to the bottom of the pan before potatoes are cooked add a half cup of water and stir until all is released from the bottom. Repeat this as necessary.

Nutrition information: 280 calories, 10g fat, 20g protein, 28g carbohydrate, 380mg sodium, 4g dietary fiber.  
Excellent source of vitamins A and C, and iron.

