



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. Serve it over rice or as a filling in tacos.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<ol style="list-style-type: none"> Combine brown rice and water in a small stockpot. Stir once. Heat on medium–high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork. If using skillet(s): For 25 servings, use 2 extra-large skillet(s). For 50 servings, use 4 extra-large skillet(s). Heat on medium–high heat. Brown ground beef. Drain. Add onions, bell peppers, and garlic to ground beef. Sauté on medium–high heat until onions and bell peppers are soft. Stir frequently.
Water		1 qt		2 qt	
Beef, ground, 90% lean, fresh or frozen, raw	3 lb 2 oz		6 lb 4 oz		
*Onions, peeled, raw, ¼" diced	1 lb 4½ oz	1 qt 1⅛ cup	2 lb 9 oz	2 qt 2¼ cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green bell peppers, raw, ¼" diced	1 lb 4½ oz	1 qt ¼ cup	2 lb 9 oz	2 qt ½ cup	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Tomatoes with juice: diced, canned	12½ oz	1½ cup (⅓ No. 10 can)	1 lb 9 oz	3 cup (¼ No. 10 can)	6 Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
Tomato sauce, canned	14½ oz	1¾ cup (¼ No. 10 can)	1 lb 13 oz	3½ cup (⅓ No. 10 can)	
Raisins, seedless, unpacked	8 oz	2 cup	1 lb	1 qt	
Oregano, dry		1 tsp		2 tsp	
Cumin, dry, ground		2 tsp		1 Tbsp 1 tsp	
Cilantro, fresh, chopped (optional)	2 oz	½ cup 1 tsp	4 oz	1 cup 2 tsp	7 Serve ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice. Garnish with 1 teaspoon cilantro (optional). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice.

NUTRIENTS	AMOUNT
Calories	202
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	147 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	15 g
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Vitamin D	N/A
Calcium	34 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature Onions	1 lb 8 oz	2 lb 15 oz
Green Bell Peppers	1 lb 10 oz	3 lb 4 oz
Garlic	4 cloves	8 cloves

NOTES

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

Variations

If beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. Frozen bell peppers may be substituted for fresh bell peppers.

YIELD/VOLUME

25 Servings	50 Servings
7 lb 9 oz	15 lb 2 oz
13½ cup picadillo and 1 qt 2½ cup rice	27 cup picadillo and 3 qt ½ cup rice

