

Picadillo Beef

Component: Meat

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Ground beef, 90% lean, fresh or frozen, raw	6 lb 4 oz				<ol style="list-style-type: none"> 1. Brown ground beef on medium-high heat. Drain. 2. Add onions, bell peppers, and garlic to ground beef. Saute on medium-high heat until onions and bell peppers are soft. Stir frequently. 3. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat. 4. Serve ½ cup (No. 8 scoop) picadillo over ¼ cup (No. 16 scoop) rice. Garnish with 1 tsp cilantro (optional). 5. Critical Control Point: Hold at 140 degrees F or higher.
Onions, raw, ¼" diced	2 lb 9 oz	2 qt 2 ¼ cups			
Green bell peppers, raw, ¼" diced	2 lb 9 oz	2 qt ½ cup			
Garlic, fresh, minced		8 clove OR 4 tsp			
Tomatoes with juice, diced, canned	25 oz	3 cup			
Tomato sauce, no added salt, canned	29 oz	3 ½ cup			
Raisins, seedless, unpacked	16 oz	4 cups			
Oregano, dry		2 tsp			
Cumin, dry, ground		4 tsp			
Cilantro, fresh, chopped (optional)	4 oz	1 cup 2 tsp			

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Notes:

Serving: ½ cup equals 1 ½ oz meat

1-2 years: 1/3 cup

3-5 years: ½ cup

6-18 years: 2/3 cup



Nutrients Per Serving

Calories	161.45 kcal	Saturated Fat	2.27 g	Iron	1.91 mg
Protein	12.70 g	Cholesterol	36.85 mg	Calcium	29.07 mg
Carbohydrate	15.32 g	Vitamin A-RAE	18.28 mcg	Sodium	87.03 mg
Total Fat	5.89 g	Vitamin C	24.98 mg	Dietary Fiber	1.92 g