

PICADILLO TACOS

Culinary Intro:	Picadillo is a one-pot dish that is quick and easy to prepare.
Nutrition Intro:	Picadillo is a common dish in many Hispanic households, it cooks fast and is budget-friendly. Picadillo is traditionally prepared using regular ground beef and starchy vegetables; and served with rice and tortillas. Today we will modify the recipe by using lean or extra lean meat, and adding more vegetables from non-starchy varieties.

<p>Prep Time: 30 minutes</p> <p>Ingredients for 4-6 servings:</p> <p>Each serving = 1- 1 ½ cups (Enough for 2 tacos)</p> <p>Cost per serving= \$1.24</p> <ul style="list-style-type: none"> • 1 Tablespoon extra-virgin olive or canola oil • 1 pound lean or extra-lean ground beef (95%) • ½ large white onion, finely chopped • 2 cloves garlic, minced • 1 teaspoon ground cumin • ½ green bell pepper, finely chopped • ½ red bell pepper, finely chopped • 2 large tomatoes, chopped • 1 large carrot, diced into 1/2" cubes • ½ cup low-sodium chicken broth or water, if needed • ¼ cup chopped cilantro • ¼ teaspoon salt • freshly ground black pepper, to taste <p>Steps:</p> <ol style="list-style-type: none"> 1. Heat a large skillet over medium-high heat. Add the oil, onion and garlic. Sauté until onion is soft and translucent, about 2 minutes. 2. Add ground beef. Cook, separating with a spatula, until browned. Add cumin, salt and pepper. 3. Add the bell pepper, carrots, and tomato continue to sauté. Turn up heat to bring to a simmer, then reduce heat and cook until meat is fully cooked and the carrots are softened, about 10-15 minutes. 4. Add the cilantro, salt and pepper and remove the skillet from the heat. 5. While the meat sauce cooks, prepare your side items like mashed avocado, chopped tomato, finely sliced purple cabbage, etc. Serve on Romaine, Bibb lettuce, or jicama tortillas. 	<p>Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%;"> <tr> <td style="text-align: center; vertical-align: middle;">1</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • Point out size of skillet and cooking temperature • Review knife safety and techniques: chopping onion and mincing garlic • Sautéing onion and garlic develop flavor • The temperature should remain at medium to avoid browning <p>Nutrition:</p> <ul style="list-style-type: none"> • Olive oil or canola oil are good cooking oils, both are a sources of heart-healthy fats (monounsaturated fatty acids). If you are cooking at high heat temperatures, try using canola oil which is more heat stable. • To obtain the nutritional benefits of beef with less fat and cholesterol, opt for lean (90% lean) and extra lean (95% lean) ground beef. • Even if you choose lean or extra-lean cuts of beef, don't go overboard. If you include meat in your diet, do so in moderation. Consider meat in your diet as a side dish, not a main dish. • Protein is an important nutrient for growth and development. Other sources of protein from plant origin include beans, legumes, nuts, seeds, and meat alternatives (tofu). </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">2</td> <td> <p>Culinary:</p> <ul style="list-style-type: none"> • Always practice food safety when working with raw meats: Keep raw meat separated from fresh foods, like vegetables Use a separate cutting board, if necessary • When ground beef has a higher fat content, it is usually cooked first and excess grease is drained off • Since this recipe calls for lean ground beef, the beef can be added after the onion and garlic has had time to cook • Press down with a spatula and break meat up into small pieces • Cumin is a spice that has an earthy, nutty flavor and is a commonly used in Latin recipes <p>Nutrition:</p> <ul style="list-style-type: none"> • Notice the variety of colors of vegetables in this recipe. Each color provides different good-for-you nutrients. </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Point out size of skillet and cooking temperature • Review knife safety and techniques: chopping onion and mincing garlic • Sautéing onion and garlic develop flavor • The temperature should remain at medium to avoid browning <p>Nutrition:</p> <ul style="list-style-type: none"> • Olive oil or canola oil are good cooking oils, both are a sources of heart-healthy fats (monounsaturated fatty acids). If you are cooking at high heat temperatures, try using canola oil which is more heat stable. • To obtain the nutritional benefits of beef with less fat and cholesterol, opt for lean (90% lean) and extra lean (95% lean) ground beef. • Even if you choose lean or extra-lean cuts of beef, don't go overboard. If you include meat in your diet, do so in moderation. Consider meat in your diet as a side dish, not a main dish. • Protein is an important nutrient for growth and development. Other sources of protein from plant origin include beans, legumes, nuts, seeds, and meat alternatives (tofu). 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • Always practice food safety when working with raw meats: Keep raw meat separated from fresh foods, like vegetables Use a separate cutting board, if necessary • When ground beef has a higher fat content, it is usually cooked first and excess grease is drained off • Since this recipe calls for lean ground beef, the beef can be added after the onion and garlic has had time to cook • Press down with a spatula and break meat up into small pieces • Cumin is a spice that has an earthy, nutty flavor and is a commonly used in Latin recipes <p>Nutrition:</p> <ul style="list-style-type: none"> • Notice the variety of colors of vegetables in this recipe. Each color provides different good-for-you nutrients.
1	<p>Culinary:</p> <ul style="list-style-type: none"> • Point out size of skillet and cooking temperature • Review knife safety and techniques: chopping onion and mincing garlic • Sautéing onion and garlic develop flavor • The temperature should remain at medium to avoid browning <p>Nutrition:</p> <ul style="list-style-type: none"> • Olive oil or canola oil are good cooking oils, both are a sources of heart-healthy fats (monounsaturated fatty acids). If you are cooking at high heat temperatures, try using canola oil which is more heat stable. • To obtain the nutritional benefits of beef with less fat and cholesterol, opt for lean (90% lean) and extra lean (95% lean) ground beef. • Even if you choose lean or extra-lean cuts of beef, don't go overboard. If you include meat in your diet, do so in moderation. Consider meat in your diet as a side dish, not a main dish. • Protein is an important nutrient for growth and development. Other sources of protein from plant origin include beans, legumes, nuts, seeds, and meat alternatives (tofu). 				
2	<p>Culinary:</p> <ul style="list-style-type: none"> • Always practice food safety when working with raw meats: Keep raw meat separated from fresh foods, like vegetables Use a separate cutting board, if necessary • When ground beef has a higher fat content, it is usually cooked first and excess grease is drained off • Since this recipe calls for lean ground beef, the beef can be added after the onion and garlic has had time to cook • Press down with a spatula and break meat up into small pieces • Cumin is a spice that has an earthy, nutty flavor and is a commonly used in Latin recipes <p>Nutrition:</p> <ul style="list-style-type: none"> • Notice the variety of colors of vegetables in this recipe. Each color provides different good-for-you nutrients. 				

Nutrition Facts

servings per container
Serving size about 1 cup
 picadillo (182g)

Amount per serving
Calories **180**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 3mg	15%
Potassium 529mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Instead of using starchy vegetables such as potatoes, we are including a variety of non-starchy vegetables which are less calorie dense, and provide many essential nutrients.
- Eat at least 5-colors of fruits and vegetables per day.
- Notice the ratio of vegetables to meat. You want to include more vegetables than meat in one pot-meal. Fruits and vegetables (with approximately two-thirds of this space taken up by veggies), should fill half your plate, and protein should fill one-fourth of your plate. The ratio in one-pot meals is about 60% vegetables, 40% meat.
- You can use frozen vegetables instead of fresh. Frozen veggies are often less expensive and are as nutritious as fresh veggies. Buy frozen vegetables closest to their natural state (without added sauces, fats or sugars).

3

Culinary:

- Vegetables should be cut into uniform sizes for visual appeal and even cooking.
- The tomato creates a sauce; canned chopped tomato can be used in place of fresh. Look for low sodium or no salt added versions.

4

Culinary:

- Cilantro offers a bright, citrusy flavor
- Add the cilantro right at the end of the cooking process; reserve some of the chopped cilantro for garnish

Nutrition:

- We are relying on spices and fresh herbs to add flavor, and use less salt.

5

Culinary:

- Place the ingredients for topping in separate bowls. Everyone can create their own taco by including a variety of fresh toppings.
- Smash avocado and season with a squeeze of lime juice to avoid browning.
- Combining fresh ingredients like shredded cabbage and creamy avocado adds dimension to the final dish
- The contrast in temperature and texture can be appealing and creates a flavorful meal
- Cilantro offers a bright, citrusy flavor
- Add the cilantro right at the end of the cooking process; reserve some of the chopped cilantro for garnish

Nutrition:

- Garnish the tacos with ingredients such as avocado, purple cabbage, tomato, etc.

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

You can prepare a large batch of the picadillo and have it ready to warm up throughout the week. The picadillo makes a great filling for tacos, lettuce wraps, or can be used as a filling for stuffed zucchini or bell pepper.

Nutrition:

Try serving the picadillo on a whole grain tortillas (corn or whole wheat), or for less calories try a lettuce wrap or jicama tortilla! The recommended serving size is 2 tacos.

Recipe Tips:

- Display the containers & bags of spices, and other ingredients used in the recipe. Invite participants to smell the cumin.
- Display a bag of frozen/ canned vegetables as an alternative to fresh
- Show participants the mixture of the ground meat and point out the minimal white specks (fat).
- Place a small bunch of cilantro next to the cutting board. Pick a few sprigs and invite participants to smell and describe what they smell.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. 1 plate for presentation 5. mise en place bowls 6. silicone spatula 7. electric skillet 8. oven mitt 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 white onion <input type="checkbox"/> 2 cloves garlic <input type="checkbox"/> 1 green bell pepper <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 2 large tomatoes <input type="checkbox"/> 1 large carrot <input type="checkbox"/> 1 bunch cilantro <input type="checkbox"/> Purple Cabbage (optional topping) <input type="checkbox"/> Avocado (optional topping) <input type="checkbox"/> Romaine or Bibb Lettuce (optional) <input type="checkbox"/> Jicama Tortillas (optional) 	

12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe	Meats <input type="checkbox"/> Extra-lean ground beef (95%)	
	Grains <input type="checkbox"/> Corn Tortillas (optional)	
	Condiments <input type="checkbox"/> Cumin <input type="checkbox"/> Bay leaf <input type="checkbox"/> Low sodium chicken broth or water <input type="checkbox"/> extra-virgin olive oil <input type="checkbox"/> salt, black pepper	
	Paper Goods <input type="checkbox"/> paper plates, napkins, forks, paper towels	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce; Store fish over ice
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: 1 hour

***This recipe is Copyright of Goldsbury Foundation and cannot be reprinted, altered, or otherwise shared without advance written permission from CHEF.**