

Picadillo

Mayan Ranch - Bandera, TX

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

4 pounds lean beef chuck, cut in one-inch cubes

1 tablespoon salt

1/4 cup olive oil

2 large onions, finely chopped

6 cloves garlic, minced or pressed

6 to 8 large tomatoes, peeled, seeded and chopped

3 red or green bell peppers, seeded and chopped

3/4 cup small pimiento-stuffed olives

3/4 teaspoon ground cloves

1 teaspoon ground cumin

2 tablespoons red wine vinegar

1 1/2 cups raisins

1 cup slivered almonds (optional)

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Place the beef in a large Dutch oven. Add the salt and enough water to cover. Bring to a boil. Cover. Reduce the heat. Simmer until the beef is tender, about one and one-half hours.

Uncover and simmer until most of the liquid has evaporated, about one hour or more.

In another pan, heat the oil and saute' the onion and garlic until soft and golden. Stir in the tomatoes and cook for 5 minutes.

Add the peppers, olives, cumin, cloves and vinegar. Cover and simmer for 15 minutes. Uncover and cook until the sauce is thick, about 30 minutes.

Combine the tomato sauce and beef. Stir in the raisins. Cook for 10 minutes longer, Mix in the almonds, if desired.

Per Serving (excluding unknown items): 118 Calories; 5g Fat (34.3% calories from fat); 1g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 542mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 1 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	118	Vitamin B6 (mg):	.1mg
% Calories from Fat:	34.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	61.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace

Total Fat (g): 5g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 20g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 542mg
Potassium (mg): 314mg
Calcium (mg): 24mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 387IU
Vitamin A (r.e.): 38 1/2RE

Folacin (mcg): 13mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 1
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 118 Calories from Fat: 40

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	542mg	23%
Total Carbohydrates	20g	7%
Dietary Fiber	2g	7%
Protein	1g	
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Vitamin A		8%
Vitamin C		24%
Calcium		2%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.