

# Picadillo

## Mexican Style w/ lentils

- This dish is eaten by many Latin cultures and can be **prepared differently by region**.
- Ground meat dishes are a great opportunity to **stretch your meat** by swapping cooked green or brown lentils for half of the meat.
- **Make this dish meat-free by using 1 cup of lentils and no meat.** To prepare, sauté the onions & garlic, add the sauce, lentils, potatoes & carrots. Cook according to the lentils directions. Add peas at the end.
- Use 1 (15oz.) can of diced tomatoes in place of fresh tomatoes, or 1 (15oz.) can of tomato sauce if **you do not have a blender**, dice the onions and peppers small
- **Serve** as taco, burrito or empanada filling, over nachos, brown rice or green salad.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1/6 of recipe (193g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 43mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 625mg	<b>15%</b>
<small>*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.</small>	

# Picadillo

Servings: 6–1 cup servings

Prep + Cook Time: 45 minutes



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## Ingredients:

### Sauce

- 4 roma tomatoes, chopped, or 1 (15oz) can diced tomatoes
- 1/2 medium onion, chopped
- 1/2 cup water
- 2 garlic cloves, chopped
- 1 jalapeno, chopped (optional)
- 1 teaspoon oregano
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin

### Meat/Lentil Mix

- 1 teaspoon cooking oil
- 1/2 medium onion, diced
- 1/2 pound lean ground beef or turkey
- 1/2 cup brown or green lentils
- 1 medium potato, diced
- 1 large carrot, diced
- 1/4 cup frozen peas

## Directions:

- 1) **Cook** the dry lentils according to the package directions.
- 2) **Chop** tomatoes, onions, garlic, jalapeno, potato and carrot. If you like spicy, keep the jalapeno seeds. Omit the whole pepper if you do not want any spice.
- 3) **Make sauce:** Add all sauce ingredients in a large blender and **puree** until smooth.
- 4) **For the meat mix:** Heat a large skillet over medium-high heat. When hot, **add** the cooking oil, onion and ground meat (if using). **Break up** the meat into smaller chunks. **Cook, stirring** occasionally for 6–8 minutes, until the meat is lightly browned.
- 4) **Add** potatoes, carrots and peas. **Mix and cook** for about 5 minutes.
- 5) **Add** the pureed sauce, mix, then cover with a lid. **Reduce** the heat to medium-low and **simmer** for 10 minutes, stir occasionally.
- 6) **Remove** the lid and continue to **cook** until the carrots and potatoes are tender. **Add** water, 1/4 cup at a time, if the mixture gets too dry.
- 7) **Taste and add** more seasonings to your taste. **Serve!**

Recipe Credit:

[www.isabeleats.com/mexican-picadillo-recipe/](http://www.isabeleats.com/mexican-picadillo-recipe/)

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