CARIBBEAN · LUNCH · DINNER

Cuban-Style Picadillo with Potatoes

50 min · Serves 6 · 406 kcal a serve · Video 7:16 · Chef Zee Cooks

Gluten-free ingredients · Dairy-free · Nut-free

Each serve has about 32 g protein plus iron and zinc from the beef, with tomato, onion and pepper adding vitamin C. The sweetness comes from a spoonful of raisins, not sugar.

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Ingredients 17 · SERVES 6

- [ ] 2 lb **grass-fed ground beef**
- [ ] 5 **garlic** cloves, mashed (to season the mince)
- [ ] 1 tsp **oregano** (Dominican or Mexican)
- [ ] **black pepper** to taste
- [ ] **kosher salt** to taste
- [ ] 1 **potato** (Yukon gold), cut into 1-inch cubes
- [ ] 1–2 tsp **olive oil**
- [ ] 1 **white onion**, diced
- [ ] ½ **green pepper** (cubanelle or bell), diced
- [ ] ½ tsp **cumin**
- [ ] 2 **bay leaves** (optional)
- [ ] ½ cup **tomato paste**
- [ ] ½ cup **tomato sauce**
- [ ] ¼ cup **vino seco** (dry cooking wine)
- [ ] 2 tbsp **Spanish olives**, diced
- [ ] 1 tbsp **raisins** (to taste)
- [ ] 3 **garlic** cloves, diced (added at the end)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the beef with the mashed garlic, oregano, black pepper and a little salt and leave it to marinate for about 20 minutes. 1:12
2. Meanwhile simmer the potato cubes in water over medium-high heat until just tender, then drain. 1:54
3. Heat 1–2 tsp olive oil and sauté the onion and green pepper with a pinch of salt and pepper until translucent. 2:22
4. Add the beef and brown it, pressing and breaking it up constantly with the back of a spoon while it's still raw so it cooks into fine, smooth crumbs. Add the cumin and bay leaves. 3:04
5. Once browned, add ½ cup water and let it cook off to tenderise the meat, repeating if needed. Work in the tomato paste, then the tomato sauce. 4:05
6. Stir in the vino seco, olives, raisins and the diced fresh garlic, check the salt, then gently fold in the potatoes. Serve with white rice and maduros (sweet plantains). 5:09

> **Tip** Serves 6 (the cook's written recipe). Use lean (5-star) mince and pour off any fat after browning to cut the saturated fat. Vino seco is often salted – go easy on extra salt. Freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
406 kcal	**32** g	**18** g	**2.8** g	**22** g	**530** mg
1,700 kJ	64% of a day	15 g net · 6.3 g sugars	10% of a day	8.1 g saturated	23% of a day
		6% of a day		28% of a day	

Energy from net carbs 16% · protein 33% · fat 51% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 128% · Zinc 69% · Selenium 47% · Vitamin B6 40% · Iron 26% · Vitamin C 25% · Potassium 20%

Source of (10–19%) Vitamin E 13% · Magnesium 12%

Recipe and video: Chef Zee Cooks (@Chefzeecooks) on YouTube — youtube.com/watch?v=kihT9n_OmNg, published 15 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cuban-picadillo-with-potatoes