LATIN AMERICAN · LUNCH · DINNER

Picadillo de Chayote (Costa Rican Chayote and Beef Hash)

Picadillo de chayote con carne molida

40 min · Serves 5 · 306 kcal a serve · Video 15:25 in Spanish · Cocinen conmigo

Dairy-free · Nut-free

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About 21 g protein and 6 g net carbs a serve from beef mince cooked down with chayote, carrot, sweet pepper, onion, celery and tomato in their own juices, a low-carb main that keeps blood sugar steady.

Diet notes: Low carb (6.4 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

Ingredients 13 · SERVES 5

- [ ] 3 **chayotes** (choko), peeled and diced
- [ ] 1 lb **beef mince** (carne molida)
- [ ] 2 tbsp **garlic-flavoured oil** (or plain oil)
- [ ] ½ cup finely diced **carrot**
- [ ] ½ cup finely diced **chile dulce** (sweet pepper)
- [ ] ½ cup finely diced **red onion**
- [ ] ½ cup finely chopped **celery**
- [ ] ½ cup chopped **tomato**
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **mustard**
- [ ] ½ tsp **ground turmeric**
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Finely dice the carrot, chile dulce (sweet pepper), red onion and celery (½ cup of each) and chop ½ cup of tomato. 2:06
2. In a bowl, mix the beef mince with the soy sauce, the mustard and the chopped tomato. 2:20
3. Peel the chayotes (wear gloves if they are the spiny kind) and cut them into small dice, seeds and all. 4:14
4. Heat the oil in a large, deep frying pan over medium heat, add the celery, chile dulce, onion and carrot and sauté for about 5 minutes. 5:58
5. Add the seasoned mince and cook, breaking it up well (a potato masher helps), until it is no longer pink. 7:50
6. Stir in the diced chayote, then season with the turmeric, salt and pepper and mix well. 9:52
7. Cook over medium heat for about 15 minutes without adding water (the chayote releases its own juice), stirring now and then, until the chayote is tender. 12:27

> **Tip** Serves 5, as the cook says. Costa Ricans eat it with white rice or in corn tortillas; for fewer carbs serve it on its own or with a salad. Zucchini can stand in for chayote.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
306 kcal	21 g	11 g	4.9 g	20 g	680 mg
1,280 kJ	43% of a day	6.4 g net · 4.8 g sugars	18% of a day	5.9 g saturated	29% of a day
		4% of a day		25% of a day	

Energy from net carbs 9% · protein 29% · fat 62% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 84% · Zinc 48% · Vitamin C 37% · Vitamin B6 31% · Selenium 31%

Source of (10–19%) Vitamin A 16% · Iron 15% · Potassium 14% · Vitamin K 14% · Folate 12% · Vitamin E 11% · Magnesium 10%

Recipe and video: Cocinen conmigo (@cocinenconmigo) on YouTube — youtube.com/watch?v=f0TbqqGrtZo, published 17 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/picadillo-de-chayote-con-carne