



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Picadillo courtesy of *Intelligent Gourmet*

Yield: 16 servings

Prep time: 15 minutes

Total time: 20 minutes

Ingredients

Celery, small diced | 16 oz (1pound)

Carrot, small diced | 8 oz

Onion, small diced | 1 large

Green Peppers, small diced | 2 large

Garlic, minced | 1 Tablespoon

Sunflower, Avocado or Coconut Oil | 1.5 oz

Ground Beef | 4 pounds * can use preferred protein, Will need to update macro

Cumin | 4 oz

Dark Chili Powder | 2 oz

Smoked Paprika | 2 oz

Chicken, Vegetable, or beef stock | 16 oz

Crushed tomato in puree | 16 oz

Green Olives | 6 oz

Capers, drained and rinsed | 2 oz

Salt | to taste

Directions

Dice the celery, carrots, peppers, and onion to small dice (about ¼ inch.) You can use food processor if needed.

Add oil to a heavy bottom skillet, cook the vegetables over medium heat for about 4 minutes until the onions turn translucent and the carrots begin to soften.

Add minced garlic to the pan and stir, sauteing for 1 minute until fragrant. Add ground protein and cook approximately 5 minutes stirring often and breaking up the meat.

Add cumin, chili powder, and paprika, and stir to incorporate.

Add the broth and tomatoes. Stir well. Add Capers, pinch the olives to break up and add to pan. Stir and continue to cook over medium low heat allowing the dish to simmer an additional 5 minutes until the sauce reduces slightly and thickens.

Season with Salt and Pepper to taste.

*Chef Note: Olives and Capers are salty by nature, wait until the end to season with additional salt.

Macronutrient Breakdown via Cronometer Tracking App

Calories: 339.7 kcal | Carbohydrates: 8 g | Protein: 25.8 g | Fat: 21.4 g | Sodium: 591 mg

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Nutrition Facts		
Serving Size: 1 serving		
Amount Per Serving	% Daily Value*	
Calories	339.7 kcal	17 %
Total Fat	21.4 g	33 %
Saturated Fat	6.9 g	34 %
Trans Fat	0.9 g	
Cholesterol	70.3 mg	23 %
Sodium	591 mg	25 %
Total Carbohydrate	13.5 g	4 %
Dietary Fiber	5.5 g	22 %
Sugars	3.7 g	
Protein	25.8 g	52 %
Vitamin A	113 %	Vitamin C 39 %
Calcium	14 %	Iron 50 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		



EAT BETTER – LIVE BETTER

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