



Mexican Picadillo (Beef & Potato)

Ingredients

- **Bay leaf**, 1 portion (0.1 g)
- **Salt**, 1 tsp (5.9 g)
- **Potato**, 2 medium (418 g)
- **Bell pepper**, 1 portion (116.8 g)
- **Beef broth**, 1 1/2 cup (360 g)
- **Onion**, 1/2 large (75 g)
- **Garlic**, 3 portion (9 g)
- **Tomato sauce**, 8 oz (227.3 g)
- **Ground pepper**, 1/4 teaspoon (0.5 g)
- **Ground cumin**, 1 tsp (2 g)
- **Ground coriander**, 1 tsp (1.8 g)
- **Ground beef**, 1 pound (444.7 g)
- **Green Pepper**, 2 medium (approx 2-3/4' long, 2-1/2' dia) (238 g)



Instructions

1. Heat a large skillet over medium heat, add ground beef. Cook over medium heat while breaking up the meat. Cook until mostly browned, drain grease and return to heat.
2. Add in diced onion, green bell pepper and potatoes. Continue to cook over medium heat until onion and peppers are softened.
3. Pour in tomato sauce and beef broth.
4. Add in seasonings: salt, pepper, cumin, and coriander. Stir to combine.
5. Add bay leaf.
6. Bring mixture to a simmer, cover and let cook for 10 minutes.
7. Remove lid, stir, and continue cooking with the lid off for an additional 10 minutes or until potatoes are softened and most of the liquid is gone.
8. Serve warm with flour tortillas and rice.

Comments

Mexican Picadillo (Beef & Potato) might be a good recipe to expand your main course recipe box. This recipe serves 6 and costs \$1.15 per serving. One portion of this dish contains around 16g of protein, 16g of fat, and a total of 274 calories. It is a reasonably priced recipe for fans of Mexican food. A mixture of salt, onion, bay leaf, and a handful of other ingredients are all it takes to make this recipe so delicious. 1 person has made this recipe and would make it again. From preparation to the plate, this recipe takes approximately 40 minutes. It is a good option if you're following a gluten free, dairy free, and whole 30 diet. It is brought to you by House of Yumm. Taking all factors into account, this recipe earns a spoonacular score of 41%, which is solid. If you like this recipe, you might also like recipes such as Picadillo Con Carne de Res (Potato-and-Beef Hash), Mexican Picadillo, and Mexican Picadillo.

Source: <https://houseofyumm.com/mexican-picadillo/>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1659.7	87.4	331.9
Protein [g]	96.8	5.1	19.4
Fat [g]	92.3	4.9	18.5
Carbs [g]	114	6	22.8
Fiber [g]	20.8	1.1	4.2
Net Carbs [g]	93.2	4.9	18.6

