

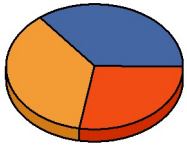


## Picadillo

Comment: Modified by DrJez from Graham Kerr

Recipe grams: 2097.45g/74.0oz

Serves 4 524.36g/18.5oz per serving



Protein: 36%  
Carbohydrates: 37%  
Fat: 28%

### INGREDIENTS

1 lb GROUND TURKEY, 93% LEAN, 7% FAT, RAW  
1 tbsp CLOVES, GROUND  
1/2 tbsp CINNAMON, GROUND  
1 medium ONION, RAW, MEDIUM, 2.5" diameter  
2 clove GARLIC, RAW  
1 medium GREEN PEPPER, SWEET, RAW (BELL), MEDIUM  
16 oz TOMATO PUREE, NO SALT, canned  
1/4 cup RAISIN, SEEDED, not packed  
1 tbsp CAPERS, canned, drained  
1 tsp PEPPER, RED OR CAYENNE  
1 tsp CUMIN, GROUND  
15 oz BLACK BEAN  
4 plum-tomato TOMATO, RED, RIPE, RAW, PLUM, year round average, Plum  
4 medium ONION, SPRING OR SCALLIONS, RAW, MEDIUM  
1 head BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)

### DIRECTIONS

Combine ground turkey with cloves and cinnamon. Chop onion and green pepper into small dice. Bash garlic and combine with the vegetables. Rinse black beans until water runs clear.

Heat a medium skillet coated with cooking spray to medium high heat. Add the spiced turkey, crumble and brown. Reduce heat to medium. Add chopped vegetables and heat until onion becomes translucent.

Push mixture to the edges and add the pureed tomato, raisins, capers, red pepper flakes and cumin. Raise heat to high and bring to a boil. Combine with turkey and vegetables and cook for 3-5 minutes or until just moist but not dry.

Reduce heat to medium-low and stir in black beans. Cover and warm through. Season to taste with salt and pepper as desired.

Chop plum tomatoes into medium dice. Slice scallions and combine. Salt and pepper to taste.

Line a medium bowl with large lettuce leaves. Fill with 1/4 picadillo mixture and add a side of the tomato mixture or top salad.

Picadillo can be served alone or with tortillas, tortilla shells or taco shells as desired. Add tomato mixture as a side.

Nutrition Facts		
4 servings per container		
<b>Serving size 1 serving (524g)</b>		
<b>Amount per serving</b>		
<b>Calories</b>		<b>370</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	11g	<b>14%</b>
	Saturated Fat 2.5g	<b>13%</b>
	Trans Fat 0g	
<b>Cholesterol</b>	85mg	<b>28%</b>
<b>Sodium</b>	560mg	<b>25%</b>
<b>Total Carbohydrate</b>	45g	<b>16%</b>
	Dietary Fiber 12g	<b>45%</b>
	Total Sugars 11g	
<b>Protein</b>	31g	
Vit. D 0.45mcg 2% • Calcium 148mg 10% Iron 7mg 35% • Potas. 1240mg 25%		