



Picadillo

Active Time: 20 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

470.1 calories, 8.29 g carbohydrate, 2.14 g fiber, 6.15 g NET carbs, 19.1 g protein, 40.55 g fat

Ingredients

- 1/2 medium(s) white onion, diced
- 1/2 cup(s) green pitted olives, sliced
- 4 clove(s) garlic, minced
- 1 16-oz can diced tomatoes
- 1 whole bay leaf
- 1/2 tsp(s) cumin
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) oregano
- 1/8 tsp(s) cinnamon
- 1 Tbsp red wine vinegar
- 3 Tbsp(s) coconut oil
- 16 ounce(s) grass-fed beef (75% lean)

Preparation

1. Add coconut oil to a wide pan on medium-high heat. Add onions and saute for 5 minutes, or until translucent. Turn heat down to medium and add garlic and bay leaf and stir.
2. Add ground beef and break up with a wooden spoon or spatula. Sprinkle salt, oregano, cinnamon and cumin evenly around and saute until meat is cooked through and browned.
3. Drain tomatoes over a bowl and reserve the liquid. Add the tomatoes and sliced olives to the pan and stir.
4. Add the red wine vinegar and enough reserved liquid to cover meat.
5. Cover and let simmer for 10 minutes.
6. Remove bay leaf and serve.

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