

Cuban Picadillo

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cuban-chinese-recipe>

Ingredients:

- 1/2 onion large chopped
- 2 cloves garlic minced
- 1 tomato chopped
- 1/2 pepper finely chopped
- 2 tablespoons cilantro
- 1 1/2 pounds lean ground beef 93%
- 4 ounces tomato sauce
- kosher salt
- ground pepper fresh
- 1 teaspoon ground cumin
- 1 1/2 bay leaf
- 2 tablespoons capers alcapparrado, or green olives would work too

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 70 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 370 milligrams
9. Sugar: 3 grams

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