



Cooking Made Easy

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Cuban-Style Beef Picadillo

with Red Beans & Rice



Beef picadillo is a slow-simmered stew enjoyed throughout Spain and Latin America. In Cuba, sweet and savory additions like raisins, cinnamon, and olives are added for a unique and complex flavor profile. Of course, this Cuban dish wouldn't be complete without a hearty side of red beans and rice!



35 min



level 1



nut free



lactose free



gluten free



Ground Beef



Bell Pepper



Basmati Rice



Kidney Beans



Onion



Oregano



Cinnamon



Chili Flakes



Crushed Tomatoes



Garlic



Golden Raisins



Green Olives

Ingredients	2 People	4 People
Ground Beef	10 oz	20 oz
Bell Pepper	1	2
Garlic	2 cloves	4 cloves
Green Olives	1 oz	2 oz
Basmati Rice	½ C	1 C
Chili Flakes	1 t	2 t
Golden Raisins	1 oz	2 oz
Crushed Tomatoes	1 can	2 cans
Kidney Beans	1 can	2 cans
Oregano	1 sprig	2 sprigs
Cinnamon	1 t	2 t
Onion	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens
(None)

Tools
Small Pot, Large Pan,
Strainer

Ruler

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Nutrition per person Calories: 742 cal | Carbs: 101 g | Fat: 34 g | Protein: 45 g | Fiber: 8 g



1 In a small pot, bring 1 ½ cups **water** to a boil with a large pinch of **salt**. Drain and rinse the **kidney beans**. Halve, peel, and chop the **onion**. Once the water is boiling, add the **Basmati rice**, cover, and reduce to a simmer for 20 minutes, until tender.



2 Core, seed, and remove white ribs from the **bell pepper**, then finely chop. Mince or grate the **garlic**. Chop the **green olives** and **oregano leaves**.



3 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and **bell pepper** and cook, tossing, for about 5 minutes, until softened. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

4 Add the **ground beef** to the pan and cook, breaking up the pieces, until browned and cooked through, about 5 minutes. Season with **salt** and **pepper**.

5 Add the **olives**, **golden raisins**, **cinnamon**, and the **oregano** to the pan and cook another 1-2 minutes, before stirring in the **crushed tomatoes** and as many **chili flakes** as you dare. Simmer the picadillo for 10 minutes, then taste and season with **salt** and **pepper** as needed.

6 While the picadillo simmers, stir the **beans** into the **rice** to heat through.

7 Serve the **picadillo** over the **rice and beans** and enjoy!