

Picadillo (Mexican Beef & Potato Stew)

INGREDIENTS

6 SERVINGS 40 MIN

- 1 lb. ground beef
- 4 large potatoes, quartered and sliced about 1/2 in. thick
- 2 tsp. garlic, minced
- 1/2 onion, diced
- 3-4 tsps. cumin, to taste
- 2 8 oz. cans tomato sauce
- 3 cups water or vegetable broth
- salt and pepper, to taste



Adapted from: cheapskatecook.com



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PROCEDURE

1. In a large pot over medium heat, brown the ground beef until no longer pink. Season it with salt, pepper, and cumin.
 2. Add onions and garlic. Sauté until onions are translucent.
 3. Add potatoes, tomato sauce, and just enough water to cover the potatoes.
 4. Give it a good stir and simmer, uncovered, on medium-low heat until potatoes are tender and liquid had reduced, approximately 30-40 minutes (depending how reduced you want the liquid).
 5. Serve warm. Optionally, use whole-grain tortillas to scoop up picadillo, enjoy!
- If you want a more taco-type flavor, you can add some chili powder and paprika, or taco seasoning.

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