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## *Picadillo*

- \* 1/4 cup olive oil
- \* 1 large onion, diced
- \* 1 large green bell pepper, seeded, deribbed and finely chopped
- \* 2 garlic cloves, minces
- \* 2 pounds lean ground beef
- \* 3 tomatoes, peeled, seeded and chopped
- \* 1/2 teaspoon ground cumin
- \* 2 tablespoons capers
- \* salt and freshly ground black pepper to taste

In a large skillet, heat the oil over medium-high heat. Add the onion, green pepper, and garlic. Saute about 5 minutes until the onions are softened, then add the beef. Break up the meat into small pieces while you stir the ingredients. Cook 8-10 minutes, until the meat is lightly browned and cooked through. Add the tomatoes and cumin, cover and reduce heat to medium-low. Simmer for 15 minutes, then add the capers and simmer 5 minutes longer. Add salt and pepper to taste. Drain some of the juice and serve hot over rice.

Sweetnicks Notes: Very good, easy and flavorful. Added about a quarter-cup of green olives.