

CUBAN PICADILLO OVER CAULIFLOWER RICE

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Cuban Picadillo is a traditional dish made with ground beef and a variety of wonderful flavors. By taking out the potatoes and raisins usually found in this dish and serving it over cauliflower rice instead of white rice, you can still enjoy authentic Cuban flavors while staying on your GHS weight loss plan. This recipe, inspired from Keto Cooking Christian serves 8, but you can easily cut it in half to serve 4. It simply makes life easier to have more servings on hand for lunches and dinners throughout the week or to freeze some for the following week. Your family will be sure to love this dish, as well, so you may not have leftovers!

One serving covers your protein, veggies and fat for one meal (8 servings in all).



INGREDIENTS

- 2 lbs. 100% grass-fed beef
- 2 Tbs. organic coconut or avocado oil, divided
- Pink Himalayan salt & fresh ground black pepper, to taste
- 1/3 cup sliced green onions
- 1/3 cup organic Red Bell Pepper, small diced
- 2 cloves garlic, minced
- 2 tsps. ground cumin
- 1/4 tsp. ground cinnamon



1/2 tsp. dried oregano
1 bay leaf
1/3 cup chopped tomatoes
1/2 cup green olives with pimento, chopped
2 Tbs. tomato paste
1 cup water
2 Tbs. Kerry Gold butter
8 cups cauliflower rice

INSTRUCTIONS

Heat 1 Tbs. of oil in a large pot over medium-high heat. Add ground beef, sea salt and pepper, cooking until well browned. Remove from pan and set aside.

Add 1 Tbs. of oil, onion, red bell pepper and sauté for 2-3 minutes. Add garlic, sautéing for 1 minute more.

Add the cumin, cinnamon, oregano, bay leaf, olives, tomatoes, tomato paste and water. Add ground beef back into pan and simmer on low for 15 minutes, with the lid offset to allow some of the liquid to evaporate.

Remove cooked mixture from the pan, discarding the bay leaf, and leaving a little liquid behind. Melt the butter in the pan and add the cauliflower, salt and pepper to taste. Cook 5-10 minutes (to your desired consistency).

Serve the picadillo over the cauliflower rice.