

Arroz con Picadillo Rice with Minemeat

Ingredients:

½ Bell pepper-diced
½ Spanish onion-diced
½ Russet potato-diced
4-8 oz Tomato sauce depending how saucy/tomato you like
1/8 cup Raisins
~5-10 pitted green olives, halved
Press garlic to taste. 3-4 cloves is normal... but I use a lot more (10-15 cloves) 😊
1 Bay leaf
Oregano to taste
~ 1lb of ground beef (can be made with any ground meat or vegan substitute)
1 cup golden cooking wine (if not available, sherry is a good substitute)
Olive oil
Frying oil (e.g corn, vegetable, etc.)
Salt & Pepper
White rice



1. Prepare rice as desired. Dice potatoes and soak in a bowl of water with tsp of salt for 45 mins-1hr.
2. Cover the bottom of a pot with olive oil* and add garlic. Heat on low medium: lowest possible temp to sizzle the garlic so it doesn't burn. The point of this step is to get the olive oil to really taste like garlic. After 3-4 mins, mix diced pepper and onion into a pot. Sauté until softened and onions are translucent.
 - *The more oil in the pot (within reason), the greasier and more flavorful the outcome. Also, more oil means a lot more calories.



3. Add 2 1/2 cups of protein. Add salt and pepper to taste. Sauté to brown and soak up the really delicious garlic oil we just made. Stir every once in a while to prevent burning and provide entertainment. 10-15 mins



4. Add 3/4 cups of cooking wine, bay leaf, raisins, olives, oregano to taste (about 1/2-1 tsp). After 5-10 mins when most of the cooking wine is gone, add tomato sauce and stir occasionally.



5. Once it reaches the consistency that you want (~8-10 mins), it's finished.



5. Add corn/frying oil to the pan and heat on med/low. Drain the potatoes well and fry until brown and crispy. Be careful because the potato is wet. Leave some room in the pan for splash/foam.



6. Add rice to plate and top with pico mixture and potatoes. Salud!



P.S. Whoever gets the bay leaf wins, but don't eat unless you want to eat something harsh.