

## Picadillo

1 tsp	olive or other vegetable oil
1/2 cup	finely chopped onion, about 1/2 medium onion
1	large potato, peeled and cut into 1 cm cubes
2	medium zucchini, quartered lengthwise, then sliced
1 clove	garlic, minced
1 tsp	dry thyme, crumbled
1/4 cup	tomato paste (or 1 cup peeled and diced tomatoes)
1 lb	extra-lean ground beef
Water	
Salt and pepper, to taste	
Pickled jalapeño peppers, sliced, optional	

In a small bowl, mix garlic and thyme with one tablespoon of water, and set aside. In a large pot over medium heat, sauté onions in oil until translucent; add potatoes, stirring and coating them with the hot oil and onions. After two minutes, incorporate zucchini; add reserved garlic mix, and stir to prevent burning. Add tomato paste and 1/4 cup of water (or diced tomatoes, and omit water), stir, and scrape any brown bits from the bottom of the pan. Push the veggies to the sides of the pan with a spoon, and add beef in the middle, breaking it into small pieces. Once no longer pink, add 1/2 cup of water, and salt and pepper to taste. Cover and cook at medium-low heat for about 20 minutes, until potatoes are soft, then let it cook uncovered for an extra 5 to 10 minutes, to thicken. Serve with peppers on the side, and crusty bread or warm tortillas.

Picadillo has a Spanish origin, but every corner of Mexico has created a local version of this dish. It is also used to stuff peppers and other vegetables, tacos and empanadas, and even a whole ball of Edam cheese!



Suggested serving, with a side of *chayotes* with cream