

Sliders, Picadillo

Patterson Watkins - Philadelphia, PA

Taste of Home Magazine

Yield: 18 sliders

*1 tablespoon canola oil
1 medium yellow onion, diced
2 cloves garlic, minced
2 pounds ground beef
1/2 cup pimiento-stuffed olives,
halved
2 cans (14-1/2 ounce ea) diced
tomatoes, drained
1 cup beef broth
1/4 cup red wine vinegar
1/4 cup raisins
2 tablespoons tomato paste
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 1/2 teaspoons salt
18 potato dinner rolls*

Preparation Time: 15 minutes

Cook Time: 25 minutes

In a large skillet, heat the oil over medium heat. Sauté the onion until translucent, 6 to 8 minutes. Add the garlic. Cook 1 minute more.

Add the ground beef. Cook, crumbling the meat until no longer pink, 6 to 8 minutes. With a slotted spoon, remove the meat. Drain the excess fat.

Return the meat to the skillet. Add the olives, tomatoes, broth, vinegar, raisins, tomato paste, chili powder, ground cumin, ground cinnamon and salt. Stir over medium heat until well blended.

Reduce the heat. Simmer until the sauce has thickened, 10 to 15 minutes.

Toast the rolls. Spoon the beef mixture onto each roll. (The sliders will be juicy.)

Serve immediately.

Per Serving (excluding unknown items): 3309 Calories; 259g Fat (70.1% calories from fat); 170g Protein; 78g Carbohydrate; 13g Dietary Fiber; 772mg Cholesterol; 5478mg Sodium. Exchanges: 1/2 Grain(Starch); 23 Lean Meat; 6 1/2 Vegetable; 2 Fruit; 39 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

% Calories from Fat:	70.1%
% Calories from Carbohydrates:	9.4%
% Calories from Protein:	20.5%
Total Fat (g):	259g
Saturated Fat (g):	99g
Monounsaturated Fat (g):	115g
Polyunsaturated Fat (g):	15g
Cholesterol (mg):	772mg
Carbohydrate (g):	78g
Dietary Fiber (g):	13g
Protein (g):	170g
Sodium (mg):	5478mg
Potassium (mg):	4239mg
Calcium (mg):	280mg
Iron (mg):	25mg
Zinc (mg):	34mg
Vitamin C (mg):	100mg
Vitamin A (i.u.):	5723IU
Vitamin A (r.e.):	571RE

Vitamin B12 (mcg):	24.1mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	162mcg
Niacin (mg):	47mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	23
Vegetable:	6 1/2
Fruit:	2
Non-Fat Milk:	0
Fat:	39 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	3309	Calories from Fat: 2319
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% Daily Values*

Total Fat	259g	398%
Saturated Fat	99g	497%
Cholesterol	772mg	257%
Sodium	5478mg	228%
Total Carbohydrates	78g	26%
Dietary Fiber	13g	52%
Protein	170g	

Vitamin A	114%
Vitamin C	167%
Calcium	28%
Iron	139%

* Percent Daily Values are based on a 2000 calorie diet.