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THE One & Only **BEEF**



Cuban Picadillo Burger Rice Bowl

Prep time: 20 mins | Cook time: 25 mins | Total time: 45 mins | Serves: 6 servings

Per serving: 494 calories | 25 g protein | 21 g fat | 53 g carbohydrate | 24% DV iron | 70% vitamin B12 | 59% DV zinc

Grilled Vegetable Salad:

- 1/4 cup EACH olive oil and orange juice
- 2 cloves garlic, minced
- 2 tsp minced chipotle in adobo sauce
- 3/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 small zucchini, halved lengthwise
- 2 cobs of sweet corn
- 2 orange bell peppers, halved and seeded
- 2 cups cherry tomatoes, halved
- 1 cup cooked black beans

Burger:

- 1 lb (500 g) lean ground beef
- 1 small onion, grated
- 1/3 cup green olives, pitted and chopped
- 3 tbsp raisins or currants, soaked in hot water for 10 minutes, drained and chopped
- 2 tsp chili powder
- 3/4 tsp EACH ground cumin, coriander, cinnamon and salt

To Make the Bowl:

- 3 cups warm cooked whole grain rice
- 1/4 cup torn cilantro
- 3 tbsp toasted pumpkin seeds
- Yogurt Sauce (recipe follows)

Instructions

- 1. Grilled Vegetable Salad:** Preheat grill to medium heat; grease grates well. To make dressing, whisk oil with orange juice, garlic, chipotle, salt and pepper. Toss 3 tbsp of the dressing with the zucchini, corn and peppers. Grill vegetables, turning occasionally, for 10 to 12 minutes or until tender and slightly charred. Transfer to cutting board; let cool.
- 2.** Cut corn off the cobs into a large bowl. Chop zucchini into bite-sized pieces and slice peppers into thin strips; add to corn, along with tomatoes, beans and an additional 3 tbsp of dressing. Set aside.
- 3. Burgers:** In a large bowl, gently mix beef with onion, olives, raisins, chili powder, cumin, coriander, cinnamon and salt. Divide mixture into 6 equal portions; form into 3/4-inch (2 cm) thick patties. Make a thumbprint depression in centre of each patty (to prevent rounding while grilling).
- 4.** Preheat grill to medium heat; grease grates well. Grill for 5 to 7 minutes per side, testing doneness with a digital rapid-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 160°F (71°C).
- 5. Bowl:** Divide warm rice, Grilled Vegetable Salad and burgers evenly among 6 shallow bowls. Top with cilantro and pumpkin seeds. Serve with Yogurt Sauce (recipe follows).

Yogurt Sauce: Stir remaining dressing into 1/3 cup plain Greek yogurt. Stir in 1 tsp minced chipotle in adobo sauce.

