

FUN WITH FOOD

Picadillo Chimis—Good And Good For You

(NAPSA)—That certain chill in the air says, “It’s time for football, again!” And you’ve got the next tailgate party. How about a big batch of these tasty Picadillo Chimis to feed that hungry crowd?

California raisins are a great part of almost any fun finger food and they’re good for you! Exciting new research shows that raisins have bacteria fighting properties that help prevent cavities and gum disease. Raisins are among the top antioxidant foods that help lower the risk of cancer and they provide vital nutrients like potassium, too. That’s good to know when they’re part of a tailgate treat like:

Picadillo Chimis

Ingredients

12 pounds 8 oz. Ground beef
10 cups Chopped onions
5 cups Tomato sauce
Water
8 cups California Raisins
+ 1 tablespoon Dried parsley
+ 1 tablespoon Vinegar
3 tablespoons Garlic powder
1 tablespoon + 1¼ teaspoons
Ground cinnamon
1 tablespoon + 1¼ teaspoons
Cumin
1 tablespoon Sugar
2 teaspoons Black pepper
50 count 10-inch flour
tortillas

Directions

1. Cook ground beef and onion together, stirring occasionally, until brown; drain. 2. Add tomato sauce, water, raisins and seasonings; stir to blend. 3. Simmer 20 minutes.



These easy to make and hearty treats featuring sweet and tangy raisins and spicy beef all wrapped-up in flour tortillas are great pick-ups on any chilly day.

4. Using a #6 scoop, place one scoop of meat mixture in the center of each tortilla. 5. Fold the bottom up, then the two sides over, and the top down. Fasten the top down with a toothpick. 6. Heat oil in deep fryer to 375°F. 7. Place chimis, folded side down, in the deep fryer basket. Fry about 3 minutes or until golden brown; drain. Remove toothpick.

Tips: Steaming the tortillas before folding will make them more pliable. Try this filling for tacos, tostadas, taco salads and Sloppy Joes.

Yields: 50 servings at 3 oz. meat/serving

Nutrition Facts (per serving) Calories 562; Total Fat 22g (sat 8g, mono 0g, poly 0g); Cholesterol 71mg; Protein 27g; Carbohydrates 64g; Fiber 5g; Sodium 561mg

For more recipes and tips to include raisins to your diet, visit www.calraisins.org.