



CHEESY BEEF EMPANADAS

April 8

National Empanada Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1 Medium Onion (chopped)
- 4 Cloves Garlic (minced)
- 1½ Teaspoons Ground Cumin
- 1½ Teaspoons Garlic Salt
- 1 Teaspoon Pepper
- 1 Teaspoon Oregano
- ½ Teaspoon Crushed Red Peppers
- ¼ Teaspoon Chili Powder
- 8 Ounces Canned Tomato Sauce
- 1 Tablespoon Diced Jalapeños
- ½ Cup Sharp Cheddar Cheese (grated)
- ½ Cup Monterey Jack Cheese (grated)
- (2) 7 Ounces Each Refrigerated Pie Crusts (enriched or whole grain-rich)
- 1 Egg

DIRECTIONS

1. Preheat your oven to 425°F. Heat a large cast iron skillet over medium. Add the ground beef, chopped onion, and minced garlic, and cook until the beef is no longer pink and the onions are soft. This should take about 7-10 minutes. Drain the grease.
2. Return beef mixture to the pan and sprinkle in all the seasonings: cumin, garlic salt, pepper, oregano, crushed red pepper, and chili powder. Stir well to coat everything evenly, then add the tomato sauce and diced jalapeños. Let it all simmer for about 15 minutes. The sauce should thicken slightly, and the flavors will meld together beautifully.
3. While the filling is simmering, unroll your pie crusts on a lightly floured surface. Use your 4-inch round cutter or a small bowl to cut out 4 circles per pie crust.
4. Add a small sprinkle of cheese to the center of each circle, followed by about ¼ cup of the beef mixture. Wet the edges of the dough with a little water then fold the dough over to form a half-moon shape and press down on the edges with a fork to seal.
5. In a small bowl, whisk together one egg with a tablespoon of water to create your egg wash. Brush the top of each empanada lightly with the egg wash. Place the empanadas on a baking sheet lined with parchment paper and bake for 15 minutes, or until the crust is golden brown.
6. Carefully remove the empanadas from the oven and let them cool slightly.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Empanadas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Empanada	1 Empanada	1 Empanada	1½ Empanadas