

Taco Empanadas

Ingredients:

2 cans homestyle biscuit dough
1 pound lean ground beef
½ cup onion, diced
2 tablespoons Homemade No Salt Taco Seasoning
1 cup shredded cheese
Cooking spray
Flour

Instructions:

1. Spray a large skillet with non-stick cooking spray. On medium heat, sauté onions for about 3-5 minutes to softened. Add the ground beef and break up with a spoon or spatula. Cook until no longer pink, about 8-10 minutes.
2. Reduce the heat to low and stir in the taco seasoning. Then, add the shredded cheese.
3. Take the skillet off the heat and let the mixture cool about 8-10 minutes.
4. Sprinkle a flat surface with flour and lay the biscuits out. Using a rolling pin, a jar, or the heel of your hand, press each biscuit out from the center into a 6-inch circle.
5. Add 2 tbsps of taco meat to one side of dough, leaving a ½-inch border around the edge. Gently fold the other side of the dough over the filling to form a half-moon. Press down the edges with your finger or a fork.
6. Preheat your air fryer to 325 degrees. Spray the basket with cooking spray.
7. Place empanadas in a single layer in the basket. Cook for 3 minutes or until golden brown. Flip, then cook another 3 minutes until brown. Repeat until all of them are cooked.
8. Serve hot.

Source: LSU AgCenter

Serves: 8

Prep Time: 20 minutes

Cook time: 20 minutes

Nutrition Facts

8 servings per container

Serving size 2 empanadas

Amount per serving

Calories 350

% Daily Value*

Total Fat 14g 18%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 850mg 37%

Total Carbohydrate 32g 12%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3mg 15%

Potassium 238mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Check out our social medias for the newest content!



@BuildAHealthyMeal



@BuildAHealthyMeal



@LSUAgSNAPEd

@EFNEPinEBR

Find the video for this recipe and more at LSUAgCenter.com/BuildAHealthyMeal. The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at www.ChooseLouisianaHealth.com



Visit our website: www.LSUAgCenter.com

The LSU AgCenter and LSU provide equal opportunities in programs and employment