



# Beef and Bean Tortilla Empanada

Serves 6 / 35 mins



## INGREDIENTS

6 Casa Mendosa™ Original Medium Tortillas, warmed

1 pound (454g) ground beef

1 envelope taco seasoning

1 can (473ml) refried beans


1 cup (240ml) Colby-Monterey Jack cheese, shredded

4 teaspoons (20ml) canola oil

To garnish: sour cream and salsa

2 eggs, whisked for egg wash

## DIRECTIONS

 Prep time **15 min** | Cook **20 min** | Ready in **35 min**

- 1** In a large cast-iron or alternative heavy skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning; remove from skillet and set aside. Wipe skillet clean.
- 2** In a small saucepan, cook refried beans over medium-low heat for 2-3 minutes or until heated through.
- 3** In the wiped clean skillet warm Casa Mendosa™ Original Medium Tortillas for 10-15 seconds on each side, making them more pliable and ready for filling.
- 4** Place 2 teaspoons of ground beef filling, and a sprinkle of shredded cheese in the center of the tortilla.
- 5** Fold over tortilla and moisten edges with egg wash; press to seal with fork. Repeat with remaining tortillas and filling.




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## DIRECTIONS (CONTINUED)

 Prep time **15 min** | Cook **20 min** | Ready in **35 min**

- 6** Preheat oven to 425°F (218°C). Place all empanadas in a baking tray coated with cooking spray.
- 7** Lightly brush empanadas with additional egg wash for shine.
- 8** Cook for 4-5 minutes or until golden brown.