

# Beef Empanada Dough



Prep. time:  
15 minutes



Total time:  
15 minutes



Serves:  
10



## INGREDIENTS:

- 2 cups flour
- 1 teaspoon salt
- ¼ cup unsalted butter, room temperature
- 1 egg, beaten
- 1 tablespoon olive oil
- 1/3 – ½ cup warm water

## DIRECTIONS:

- Add flour and salt to a large bowl, stir to combine
- Add egg and butter and stir well to combine
- Add oil and warm water and stir until mixture starts to come together into a dough ball, add more water if it's too dry
- Place dough in a clean greased bowl and cover tightly
- Allow to rest at room temperature for 1 hour, or refrigerate for up to 1 day, removing from the refrigerator 20 minutes before using

Menu Provided by, courtesy Tastes Better from Scratch:

# Beef Empanada



Prep. time:  
5 minutes



Total time:  
30 minutes



Serves:  
4



## INGREDIENTS:

- ½ pound ground beef
- ¼ onion, diced
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt
- 4 ounces diced green chilies
- 4 ounces diced pimento peppers
- 2 tablespoons tomato paste
- ½ cup shredded sharp cheddar cheese
- 2 refrigerated pie crusts
- 1 egg, whisked

## DIRECTIONS:

- Preheat oven to 400 degrees and line a baking sheet with parchment paper
- Unroll pie crusts on a flat surface. Use a 3-inch round pastry cutter to cut circles from the dough
- In a skillet over medium-high heat, brown the ground beef
- Stir in onions, cumin, chili powder, salt, green chilies and pimento peppers. Saute 2-3 minutes
- Stir in tomato paste, followed by cheese. Remove from heat
- Spoon about 2 tablespoons of the beef mixture into the center of each dough circle.
- Fold dough over and use a fork to seal the dough along the curved edge.
- Arrange in a single layer (not touching) on prepared sheet. Brush empanadas with egg wash
- Bake for 10 minutes or until golden brown
- Serve with guacamole and salsa
- Notes – you can make ahead and freeze prior to baking and add 5 minutes to baking time, if baking frozen or freeze after cooking

Menu Provided by, courtesy Crème De La Crumb:

# Mexican Carrots



Prep. time:  
10 minutes



Total time:  
30 minutes



Serves:  
6



## INGREDIENTS:

- 1 1/2 pounds small to medium carrots peeled & halved lengthwise
- 3 tablespoons olive oil
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- 1/3 cup lime juice
- 1 jalapeno thinly sliced
- 2 cloves garlic finely grated
- 2 teaspoons honey
- ½ cup cilantro chopped
- 2 ounces cotija queso fresco, parmesan or feta crumbled
- Salt & Pepper to taste

## DIRECTIONS:

- Preheat oven to 450 degrees F
- Arrange carrots on baking sheet and drizzle with olive oil, toss with chili powder and cumin, and season with salt and pepper
- Roast 15-20 minutes, until tender when pierced with a fork
- Meanwhile combine lime juice, jalapeno, garlic and honey in a small bowl.
- Arrange carrots on a serving platter and drizzle with sauce. Sprinkle with cilantro and crumbled cheese.
- Serve hot or at room temperature
- Note: You can roast the carrots up to three days ahead of time. When you are ready to eat, serve at room temperature or pop in microwave for 1 minute. Top with sauce and cheese.

Menu Provided by, courtesy Platings + Pairings:

# Black Bean Salad



Prep. time:  
15 minutes



Total time:  
15 minutes



Serves:  
3



## INGREDIENTS:

- 1 15-oz. can black beans, rinsed & drained
- ½ cup corn
- ½ cup bell pepper, diced
- ½ cup cherry tomatoes, halved
- ½ cup red onion, diced
- 2 tablespoons fresh cilantro, chopped
- 1 clove garlic finely grated
- ½ jalapeno, seeded & chopped
- ½ teaspoon lime zest

### Dressing

- 1/8 cup lime juice
- 2 tablespoons olive oil
- ¼ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon salt & pepper

## DIRECTIONS:

- To make dressing add all the dressing ingredients to a small mixing bowl. Whisk until well combined. Set it aside.
- In a large mixing bowl add all the salad ingredients. Drizzle the dressing over the salad and toss to combine.
- Serve immediately
- If desired, you can add diced avocado when serving
- Notes
- If you don't like cilantro, you can swap parsley or basil
- To bulk up the salad you can mix in quinoa or serve it over a bed of salad
- If you want to add crunch, sprinkle sunflower or pumpkin seeds into the salad

Menu Provided by, courtesy Cooking with Coit:

# Viral TikTok Cookie Croissant



Prep. time:  
5 minutes



Total time:  
13 minutes



Serves:  
6



## INGREDIENTS:

- 6 Croissants
- 1/2 to 1 package chocolate chip cookie dough

## DIRECTIONS:

- Preheat oven to 350 degrees and line a baking sheet with parchment paper
- Slice croissants into halves. Put about 2 to 3 pieces of cookie dough inside each croissant, then close and top with more cookie dough.
- Line cookie croissants on your prepared baking sheet, spacing them apart.
- Bake in hot oven for 8 to 12 minutes
- Notes: the middle is going to be undercooked, the original bakery, *Maison Louvard boulangerie* describes theirs as “half-baked”.

Menu Provided by, courtesy Matts Fit Chef:

## Suggested Libations



Prep. time:  
varies



Total time:  
varies



Serves:  
varies



### Wines:

- Sauvignon Blanc
- Riesling

### Beers:

- Lager
- Pilsner

### Cocktails:

- Rum based Mules
- Lavender Gin Fizz
- Sidecar
- Devil's Margarita

Menu Provided by: