



# EMPANADAS/MEAT NADA

## INGREDIENTS

14 oz. Plant-Based Ground  
1 cup any fruit flavored salsa  
(pineapple or mango are both good)  
½ cup frozen fire-roasted corn,  
thawed  
1 jalapeño pepper, deseeded and  
chopped  
1 small yellow bell pepper, deseeded  
and chopped  
2 t lime juice  
2 frozen pie crusts, thaw, cut into  
half round shapes  
½ cup shredded pepper jack cheese  
Salt & pepper to taste  
1 egg, whipped for pastry wash

**TIME:** 30 mins (Prep Time 18 mins / Cook Time 12 mins) **SERVES:** 4 **TYPE:** Vegetarian

## INSTRUCTIONS

- 1 Preheat oven to 450° F
- 2 Combine salsa, corn, jalapeño, yellow bell pepper and lime juice. Set aside.
- 3 Cook ground in a medium skillet on medium heat for 4 minutes to brown. Mix thoroughly with salsa mixture.
- 4 Place spoonful of mixture into pie crust shape, top with some cheese. Brush pastry edge with egg, top with another piece of pie crust and use fork to seal edges. Cut slits and brush tops with egg mixture.
- 5 Bake 10-12 minutes or until golden brown.

### QUICK TIP



Empanadas are perfect for dipping, we suggest salsa or chimichurri

**Before**  
the butcher™