

**GRANDE BEEF EMPANADA**

*Total preparation and cooking time: 40 to 45 minutes*

**1 pound ground beef**  
**1/4 cup raisins, chopped**  
**1/4 cup chili sauce**  
**1 teaspoon ground cumin**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 refrigerated pie crust (1/2 of 15-ounce package)**  
**Water**

**Toppings: Salsa con queso, prepared salsa, chopped fresh cilantro (optional)**

1. Heat oven to 400°F. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into small crumbles. Pour off drippings.
2. Stir in raisins, chili sauce, cumin, salt and pepper. Cook and stir 1 minute. Remove from heat.
3. Unfold pie crust; place on baking sheet. Spoon beef mixture evenly over 1/2 of dough, leaving 1-1/2-inch border around edge. Moisten edge of dough with water; fold pastry over filling. Press edges of dough together with fork to seal. Prick center of dough with fork once or twice to form steam vents.
4. Bake in 400°F oven 16 to 18 minutes or until pastry is golden brown. Serve with toppings, if desired.

***Makes 4 servings.***

***Nutrition information per serving, using 80% lean ground beef:** 507 calories; 27 g fat (11 g saturated fat; 6 g monounsaturated fat); 86 mg cholesterol; 900 mg sodium; 39 g carbohydrate; 0.6 g fiber; 26 g protein; 5.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.4 mcg vitamin B<sub>12</sub>; 2.9 mg iron; 18.4 mcg selenium; 5.7 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; a good source of iron.

***Nutrition information per serving, using 95% lean ground beef:** 456 calories; 20 g fat (9 g saturated fat; 3 g monounsaturated fat); 86 mg cholesterol; 898 mg sodium; 39 g carbohydrate; 0.7 g fiber; 27 g protein; 6.2 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 3.2 mg iron; 18.0 mcg selenium; 6.0 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.

**Beef Empanada Appetizers:** Increase refrigerated pie crusts to 3 or 1-1/2 (15-ounce) packages. Prepare ground beef filling as above. Roll out each pie crust to a 14-inch circle on a lightly floured surface. Cut 10 circles from each crust with a 3-1/2-inch round cookie or biscuit cutter, spacing the cutouts closely. Spoon a generous tablespoon beef filling in center of each circle, leaving 1/4-inch border around edge. Moisten edge of dough with water; fold pastry over filling to form half-circle. Press edges together with fork to seal. Place on baking sheet. Bake in 400°F oven 14 to 16 minutes or until pastry is golden brown. Serve as above. Makes 30 appetizers.

***Nutrition information per 1 appetizer, using 80% lean ground beef:** 131 calories; 7 g fat (3 g saturated fat; 1 g monounsaturated fat); 14 mg cholesterol; 173 mg sodium; 12 g carbohydrate; 0.1 g fiber; 4 g protein; .07 mg niacin; 0.1 mg vitamin B<sub>6</sub>; 0.3 mcg vitamin B<sub>12</sub>; 0.4 mg iron; 2.5 mcg selenium; 0.8 mg zinc.*

***Nutrition information per 1 appetizer, using 95% lean ground beef:** 61 calories; 1 g fat (1 g saturated fat; 0 g monounsaturated fat); 11 mg cholesterol; 120 mg sodium; 5 g carbohydrate; 0.1 g fiber; 4 g protein; 0.8 mg niacin; 0.1 mg vitamin B<sub>6</sub>; 0.3 mcg vitamin B<sub>12</sub>; 0.4 mg iron; 2.4 mcg selenium; 0.8 mg zinc.*

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