

Spicy Black Bean Empanadas

1 recipe empanada dough (follows)	1 teaspoon chili powder
1 egg	1/8 teaspoon crushed red pepper
1 tablespoon water	1 ½ cups shredded Cheddar cheese
½ pound ground pork or turkey	1 can (15 ounces) black beans, rinsed and drained
1 small red pepper, diced (2/3 cup)	¼ cup chopped fresh cilantro
4 medium green onions, chopped	1 cup sour cream
1 clove garlic	1 cup guacamole
½ cup tomato sauce	
1 teaspoon ground cumin	

Preheat oven to 375 degrees. Spray 2 baking sheets. Cook pork (or turkey) in a 12-inch skillet over medium-high heat until pork is well-browned, stirring frequently to break up meat. Add the diced red pepper, green onions and garlic. Cook until tender. Stir in tomato sauce, cumin, chili powder and crushed red pepper into a skillet. Reduce the heat to low and cook for 8 minutes. Remove from heat. Stir in cheese, 1 cup beans, and cilantro. Let cool.

Divide dough into 12 equal sections. Roll into 5 to 6 inch squares. Top each square with ¼ cup pork mixture. Bring corners together, meeting in center and pinch to seal. Place on prepared baking sheet. Combine egg and water. Brush on each pocket. Bake for 15 to 18 minutes or until golden brown. Serve with sour cream, guacamole, and remaining beans.

Empanada Dough

4 cups flour	1 teaspoon salt
3 tablespoons sugar	1 cup shortening
4 teaspoons baking powder	2/3 to ¾ cup ice cold water

In a large mixing bowl, combine flour (can use half whole wheat), sugar, baking powder, and salt. Using a pastry blender, cut shortening into flour mixture. Add ice water and combine. May refrigerate dough to keep it easier to work with. Separate dough into 12 sections. Roll into a 5 inch square. Top with ¼ cup of empanada filling. Spicy Black Bean filling will fill 12 sections.

Thanks,
Pleasant Home Premium Pork