



## **Empanadas**

### **Serves 4-6**

- 1 Box (2) Pie Crust Dough
- 3 Chicken Breasts
- 1 Can Black Beans, Drained & Rinsed
- 1 Cup Corn Kernels
- 1/2 Cup Mexican Mix Cheese
- 2 Tbsp Mexican Blast

Cilantro, Avocado and Sour Cream to serve.

### **Preparation:**

Preheat oven to 350°.

In a medium sauce pan heat water, 1 tbsp Mexican Blast and add the chicken and simmer till done.

To shred the chicken you can add the cooked pieces to your stand mixer with the paddle hook attached, and shred. Or you can use two forks to shred too. Add the corn, beans, cheese and Mexican Blast and mix together.

Now let us work the pie dough by rolling out the dough on your counter. Use a rolling pin to roll dough to about 1/16 of an inch. Find a glass or small bowl with a diameter of 3 inches and use that to cut out your empanada pieces. Keep going and re-roll dough pieces as needed.

Add a heaping tablespoon to one circle of dough.

If you have a dumpling crimper this works really well.

Or just do it by hand, also really easy.

Either way make sure that you really seal the sides well.

Bake for about 20 minutes and enjoy!