



The Kitchen at Second Harvest

Taco Hand Pie

try at home recipe

Recipe modified from All Recipes

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Ingredients

- 2 Roma tomatoes, diced
- 1/2 cup diced white onion
- 3 tablespoons chopped cilantro
- 1/4 jalapeno pepper, seeded and diced
- 1/4 teaspoon garlic salt
- 1 pound lean ground beef
- 1/4 cup water
- 3 tablespoons taco seasoning mix
- 1/2 cup shredded pepper Jack cheese
- Pastry dough
- 1 egg
- 1 tablespoon water

Directions

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Mix tomatoes, onion, cilantro, jalapeno pepper, and garlic salt together in a mixing bowl.
3. Cook and stir beef in a sauté pan over medium-high heat until no longer pink, 5 to 7 minutes. Drain fat and return beef to the pan. Add water and taco seasoning; stir thoroughly until fully incorporated and water has been absorbed, 2 to 3 minutes. Add the tomato mixture and pepper Jack cheese.
4. Lightly flour a work surface. Roll pastry dough out to a 6-inch circle. Scoop 1/3 cup beef filling onto the center of each wrapper. Fold each wrapper in half to enclose the filling. Crimp edges with a fork to seal. Pierce the top of each pie twice with a fork. Transfer to the prepared baking sheet.
5. Whisk egg and water together to make egg wash. Brush egg wash over the tops of the pies.
6. Bake on the middle rack of the preheated oven until golden brown, about 20 minutes

Yield: 12 pies

Serving Size: 1 pie

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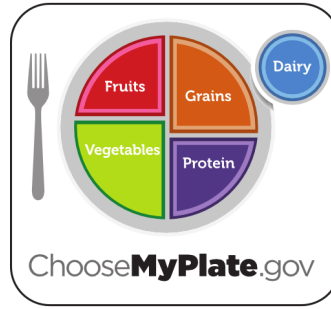


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

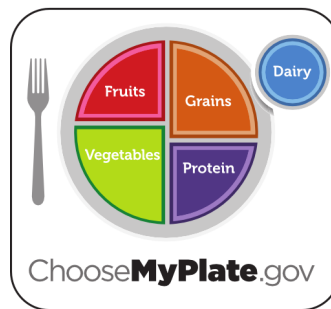
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
12 servings per container	
Serving size	1 hand pie
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 440mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 108mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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