

BEEF TACO & CHEESE POCKETS

Total preparation and cooking time: 1 hour

- 1 cup refrigerated fully-cooked taco sauce with seasoned ground beef
- 1 cup frozen vegetable mixture, such as broccoli, corn and red peppers
- 3/4 cup shredded Mexican cheese blend *or* Cheddar cheese
- 1 package (17.3 ounces) refrigerated grand biscuit dough
- Cooking spray
- All-purpose flour



1. PLACE an oven rack in the center of the oven. HEAT oven to 375°F.
2. PLACE the taco sauce with beef, vegetable mixture and cheese in a medium bowl. STIR with a fork to mix well.
3. SPRAY a large baking sheet with cooking spray to coat it lightly.
4. **Adult help needed:** OPEN the biscuit dough package following the label directions. (**Note:** Package may make a loud pop when opened.)
5. SPRINKLE a wooden board or clean countertop with flour to coat lightly. PLACE 1 biscuit on the floured board.
6. RUB a rolling pin with flour to coat lightly. ROLL biscuit with rolling pin as follows: START at the center of the biscuit and roll out to the top edge. REPEAT strokes, rolling back and forth from the center out, until you have a 7 x 4-1/2-inch oval piece of dough.
7. PLACE a heaping 1/4 cup of the beef mixture on one side of the dough oval. FOLD the other side of the dough over the filling to cover it.
8. PLACE the pocket on the baking sheet. FIRMLY PRESS the edges of the dough together with the tips of the tines of a fork to seal the dough.
9. REPEAT steps 6 through 8 to make a total of 8 pockets.
10. **Adult help needed:** Place baking sheet on the rack in the center of 375°F oven. BAKE 13 to 15 minutes or until dough is golden.
11. **Adult help needed: Careful! Baking sheet will be very hot.** Using pot holders, REMOVE the baking sheet from the oven and PLACE it on a wire rack. Using pot holders, carefully REMOVE the pockets from the baking sheet with a metal spatula to serve. **Careful! Filling will be very hot.**

Makes 8 pockets.

Nutrition information per serving: 252 calories; 10 g protein; 35 g carbohydrate; 8 g fat; 1,142 mg sodium; 16 mg cholesterol; 2.8 mg niacin; 0.1 mg vitamin B₆; 0.3 mcg vitamin B₁₂; 2.3 mg iron; 1.1 mg zinc.

This recipe is an excellent source of protein and a good source of niacin and iron.

You Will Need

Set of measuring cups, medium bowl, fork, large baking sheet, spoon, wooden pastry or cutting board, rolling pin, ruler, timer, potholders, wire cooling rack, metal spatula/hamburger turner