



# Dysphagia-Friendly Empanadas

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
DOUGH			
THICK & EASY® Texture-Modified Bread & Dessert Mix Item: 118519	2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	1/2 Tbsp	3 Tbsp	6 Tbsp
Water, hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cups
Turmeric powder		1 tsp (per bag)	
FILLING			
THICK & EASY® 100% Natural Minced* Beef Item: 114401	2 1/2 Tbsp	1 cup	2 cups
Seasonings: onion powder, garlic powder, ground thyme, ground oregano	1/8 tsp of each	3/4 tsp of each	1 1/2 tsp of each
Red enchilada sauce	1 1/2 Tbsp	1/2 cup	1 cup
Additional enchilada sauce for garnish, if desired.	As needed	As needed	As needed

\*Minimally processed. No artificial ingredients.

# Dysphagia-Friendly Empanadas

IDDSI LEVELS **5** **6** **7**



## DIRECTIONS

### DOUGH

1. Add vegetable oil to bread mix and stir until mixture resembles wet sand.
2. Add turmeric and stir well.
3. Add hot water to bread mixture and stir briskly until blended.
4. Cover with plastic wrap and allow to rest at room temperature for at least 30 minutes or until cool.

### FILLING

1. Place **THICK & EASY® Level 5 Minced Beef** in a bowl; add seasonings and stir.
2. Add enchilada sauce and stir until ingredients are combined. Let rest for 30 seconds.

### TO ASSEMBLE (PER EMPANADA)

1. Place 2 oz. ball of dough on a small piece of parchment or wax paper sprayed with non-stick spray.
2. Place another piece of the same on top of dough. Press with tortilla press or plate to approximately 1/8-inch thickness. Remove top piece of parchment or wax paper.
3. Place 2 rounded tablespoons of filling in the center of dough. Gently begin to fold over by lifting the parchment or wax paper to form a half moon shape.
4. Gently press seams together, and gently remove paper. Crimp with a fork to seal.
5. Heat gently to appropriate serving temperature.
6. Garnish with additional enchilada sauce and serve.
- 7.
8. Empanadas can easily be made ahead of time and can be frozen for 30 days.

**Note:** Before serving, always test for Level 5 using IDDSI guidelines. Add additional sauce if meat mixture is too dry or crumbly; or add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** if too wet or thin.

## NUTRITION

### Serving Size:

Serving Size: 1 Empanada

**Calories:** 140

**Total Fat:** 7 g

**Saturated Fat:** 1.5 g

**Trans Fat:** 0 g

**Cholesterol:** 20 mg

**Sodium:** 180 mg

**Total Carbs:** 14 g

**Dietary Fiber:** 0 g

**Total Sugars:** 3 g

**Added Sugars:** 0 g

**Protein:** 7 g

**Vitamin D:** 0% DV

**Calcium:** 0% DV

**Iron:** 4% DV

**Potassium:** 2% DV