

Mexican-Style Empanadas with Chipotle Ranch

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ranch-water-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup diced yellow onion
- 1/2 cup corn kernels
- 1/2 cup red pepper diced
- 1/2 cup poblano pepper diced
- 1/2 pound chorizo sausage loose
- 1/2 pound ground beef
- 1/2 teaspoon chili powder each, oregano, cumin and salt
- 2 cups shredded cheddar cheese
- 2 cups corn flour
- 1 1/2 cups water
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2 chipotles in adobo sauce finely minced
- 1 cup ranch dressing

Nutrition:

1. Calories: 1250 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 170 milligrams
4. Fat: 92 grams
5. Fiber: 6 grams
6. Protein: 48 grams
7. SaturatedFat: 30 grams
8. Sodium: 2400 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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