

Mexican Samosas

Yield: 8 min
Total Time: 35 min

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

Ingredients:

- 1 pound ground turkey
- 1/2 cup black beans rinse beans
- 1/2 cup corn can
- 4 ounces salsa Goya, Goya tomato sauce, can also use another can of tomato sauce if you can't find Goya tomato sauce
- 2 garlic cloves skin peeled and finely chopped
- 1/2 cup red onion or white, chopped
- 1 jalapeño chopped, seeds and membrane included if you like extra heat
- 3 tablespoons cilantro chopped
- 1 packet sazón goya find in the international aisle
- salt
- pepper to taste
- 1 package flour tortilla 6 inch, burrito wraps cut burrito wraps in half and I only used 8 wraps to make 16 Mexican Samosas
- 1 cup vegetable oil for frying samosas
- 1 cup salsa store bought, your choice
- hot sauce
- 2 avocado peeled, pitted, smashed with fork
- 1 lemon cut in half, seeds removed and squeezed for juice
- 1 Roma tomato rinsed and chopped
- 1/4 cup red onion chopped
- 1 garlic clove finely chopped, optional
- salt
- pepper to taste
- 1/4 cup all purpose flour
- 5 tablespoons water

Nutrition:

1. Calories: 470 calories

2. Carbohydrate: 19 grams
3. Cholesterol: 45 milligrams
4. Fat: 40 grams
5. Fiber: 8 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 610 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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