

SOUTHWEST EGG ROLLS WITH AVOCADO DIPPING SAUCE

Level: Easy Serves: 2-4 Total Time: 40 minutes
Prep Time: 30 minutes Cook Time: 10 minutes



INGREDIENTS:

Southwest Egg Rolls

- 1 pound Felton Angus Beef ground beef
- ½ onion, diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 jalapeno, seeded and diced (optional)
- 1 bell pepper, diced
- 1 cup tomatoes, chopped
- 1 can black beans, rinsed and drained

- 1 cup corn
- 1 cup cheddar cheese, shredded
- ½ bunch cilantro, chopped
- 1 package flour tortillas, soft taco size
- oil to spray or brush on tortillas

Avocado Dipping Sauce

- 8 ounces cream cheese
- ¼ cup sour cream
- ½ bunch cilantro
- 1 avocado
- pinch of salt

Optional Dipping Sauces: Queso, Salsa, Sour Cream Ranch Dressing

DIRECTIONS:

1. In a skillet or cast iron pan over medium heat, brown ground beef. Drain any fat.
2. Add onion, cumin, chili powder, garlic powder, salt and pepper (or your favorite all-in-one taco seasoning).
3. Reduce heat. Add jalapeno, bell pepper, tomatoes, black beans and corn.
4. Simmer on low for 10-15 minutes.
5. To assemble egg rolls, add ½ cup ground beef mixture to middle of each tortilla.
6. Top with cheese and cilantro.
7. Roll tightly, taquito style and place onto a lined baking sheet.
8. Spray or brush with oil (my favorite is avocado oil).
9. Place baking sheet in 400 degree oven for 10-15 minutes until tortillas are crispy and browned.
10. Remove baked egg rolls onto cutting board. Cut in half.
11. Serve hot with Avocado Dipping Sauce

Avocado Dipping Sauce

- Combine all ingredients in a blender.
- Blend until smooth.
- Serve alongside Baked Southwest Egg Rolls.



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