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Hot Taco Pockets

Source: Adapted from *Taste of Home Freezer Meals* | **Yield:** 12 servings. 153 Calories per serving. Total fat 5g; Protein 10g; Total carbohydrate 16g; Dietary fiber 1g, Sodium 463mg

INGREDIENTS:

- 1 lb. ground beef
- 1 large onion, chopped
- 2 cups shredded cheddar cheese
- 1 cup salsa
- 1 (4 oz.) can chopped green chilies
- 2 tablespoons taco seasoning
- ½ teaspoon hot pepper sauce
- 3 tubes (8 oz. each) refrigerated crescent rolls

DIRECTIONS:

1. Label your freezer bag with the name, cooking instructions and use by date (3 months from date freezing).
2. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
3. Stir in cheese, salsa, chilies, taco seasoning and hot pepper sauce.
4. Unroll crescent roll dough and separate into 12 rectangles.
5. Place on ungreased baking sheets; press perforations to seal.
6. Place ½ cup meat mixture in the center of each rectangle. Bring four corners to the center and pinch to seal.
7. Bake at 350°F for 25-30 minutes or until golden brown. Cool. Place on baking sheet in freezer. Once frozen, place in freezer bag.

To Use: Bake frozen taco pockets on an ungreased baking sheet at 350°F for 20-25 minutes until golden brown. Garnish with sour cream, chives or pico de gallo.