DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Jack Tyler					
CATEGORY *Please check one*	[X] Appetizer	[ ] Main Dish	[ ] Side Dishes	[ ] Healthy Desserts	
COUNTY	Henderson				
AGE DIVISION	[X] Junior	[ ] Intermediate	[ ] Senior		

Name of Recipe: Taquito Taquitos		
Prep Time: 15 minutes	**Cook Time:** 10 minutes	**Cost:** $7.75

Type Recipe Here:

Ingredients
1 pound ground beef
1 packet taco seasoning
4 ounces chopped green chiles
1 cup shredded pepper jack cheese
15 corn tortillas

Instructions
1. Brown the beef in a large skillet over medium heat. Drain fat.
2. Add the taco seasoning, green chiles, and …cup of water to the beef and simmer for 5 minutes.
3. Add the tortillas to a microwave safe plate and cover with a damp paper towel. Microwave for 30 seconds.
4. Fill each tortilla with about 2 tablespoons of the beef mixture, top with cheese, and roll tightly.
5. Place the taquitos seam side down in an air fryer basket, being sure not to overcrowd the basket.
6. Spray with nonstick spray.
7. Cook at 400 degrees for 6-7 minutes or until taquitos are as crispy as you˘d like.
8. Serve with salsa, sour cream, and queso for dipping.

Nutrition Information:

YIELD: 5 SERVING SIZE: 3 taquitos

Amount Per Serving: CALORIES: 522TOTAL FAT: 25gSATURATED FAT: 11gTRANS FAT: 1gUNSATURATED FAT: 11gCHOLESTEROL: 103mgSODIUM: 667mgCARBOHYDRATES: 38gFIBER: 6gSUGAR: 3gPROTEIN: 35g

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020