

## Be Prepared.

\$10 a week. 10 weeks to stay prepared.



### Spinach Empanadas

#### INGREDIENTS

##### Dough:

3 cups flour  
1 cup shortening  
1/3 - 1/2 cup water

##### Filling:

1/2 cup canned spinach (drained and dried)  
1 Tablespoon shortening  
1 Tablespoon dry onion (optional)  
Salt and pepper to taste  
12 slices pasteurized cheese food

#### DIRECTIONS

Dough: Cut flour into shortening. Add water and mix by hand. Use enough water to make mixture into a ball. Divide dough into 12 small balls. Flatten balls into circles and fill with spinach filling. Fold over the dough and bake at 350 degrees for 45 minutes.

Filling: Saute spinach and onions in shortening. Add cheese slices to each empanada before baking.

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