

Holiday Fun Fiesta Bites

Runner Up: RDN-Recipe Contest

Submitted by: Barbara Baron



Total Servings: 5



Prep Time: **30 minutes**
Cook Time: **38 minutes**

Ingredients

2 tablespoons olive oil, divided

1½ cups baby portabella mushrooms finely chopped

1 medium onion finely chopped

½ medium bell pepper, red or green, chopped

2 medium garlic cloves minced

1 pound of lean ground beef

1 cup sorghum, cooked (*Follow the package directions to cook*)

1 cup of canned diced tomatoes with jalapeno peppers

1 cup of canned black beans, rinsed and drained

½ cup corn niblets, canned or frozen

¾ to 1 cup of broth (vegetable, beef, or chicken)

20 wheat wonton wrappers/ wraps, 3 x 3 squares, for making single-serve cups, aka scoops. (*To save time, buy premade store-bought corn tortilla scoops*)

2 tablespoons chopped cilantro for garnish. (*Not a fan of cilantro? substitute with parsley*)

¼ cup Sharp Cheddar shredded cheese for topping. *Optional*

Instructions

1. Preheat oven to 350°F (for baking scoops).
2. Chop mushrooms, onions, and bell pepper (seeds removed), and mince the garlic.
3. In a 12-inch nonstick pan, add one tablespoon of olive oil over medium heat.
4. Add onion, garlic, bell pepper, and mushrooms, mixing until soft, about 5 minutes.
5. Add the beef until it is browned, about 8 minutes. Gradually add broth, ¼ cup at-a-time to prevent the meat from getting too dry and burning.
6. Add the sorghum, diced tomatoes, beans, and corn, mix the ingredients well, and add the remaining broth, as needed to keep the filling moist.
7. Lower the heat to simmer for 15-18 minutes as you make the "scoops."
9. With a pastry brush, take the remaining tablespoon of olive oil and lightly coat both sides of each wonton wrap.
10. Line the muffin pans with the wraps allowing a natural wave around the side.
11. Place pan in the oven and bake until wonton wraps turn golden brown and slightly crispy, about 8-minutes. Be careful not to burn the edges.
12. Remove the baked wraps, now transformed into scoops, from the muffin pan and let cool for 3 minutes on a rack or dish.

ASSEMBLE

PREPARE AND BAKE SCOOPS as filling simmers:

8. Remove 20- wheat wonton wraps from the package. To save time, stack together five wonton wraps and trim the four corners, removing about 1/2-inch from the tip of each corner.
13. Fill each scoop with one rounded tablespoon of the hot filling.
14. Place on a serving platter.
15. Sprinkle with chopped cilantro
16. Optional: Top each with shredded cheddar cheese
17. Serve immediately.

**powerful
+ pairings**
delicious + nutritious + ingenious