

Vandal Beef Wreath - As Idaho grows it brings new flavors and textures to its menu, while still keeping its strong agricultural roots. This recipe encompasses the growing diversity of Idaho along with delivering the traditional tastes of a homemade family meal.

**Total Servings** - 16

**Serving Size** - 1 cup

## Ingredients for Vandal Beef Wreath

- 1 large piece Parchment paper
- 3/4 pound Ground beef
- 1-ounce package Your favorite taco seasoning packet
- 4 cloves Garlic
- 1 Medium red onion
- 1 Green bell pepper
- 1 Red bell pepper
- 1 Jalapeno pepper
- 3 tablespoons Unsalted butter or vegetable oil
- 3 teaspoons Salt
- 1 teaspoon Pepper
- 2 packages Crescent rolls (8 rolls in each package)
- 1 1/2 cup Black refried beans
- 1 1/2 cup Shredded Mexican cheese blend
- 4 small or 2 large Ripe avocados
- 1/8 bunch Cilantro
- 2 teaspoons Cumin
- 1/2 Lime, juiced
- 4 Medium Roma tomatoes

## Directions for Vandal Beef Wreath

**STEP 1** Pre-heat oven to 375 degrees Fahrenheit and cover a large baking sheet with parchment paper

**STEP 2** In a medium pan, cook the ground beef on medium high, stirring often. Break apart any large pieces with a spatula (use will only use about 3/4 pound when assembling)

**STEP 3** Add the taco seasoning packet to the ground beef, continuing to stir often

**STEP 4** Once the ground beef has been cooked thoroughly (no pink can be seen), turn the heat off and place the beef into a shallow bowl and set it aside to cool, if there is leftover oil in the pan, discard it

**STEP 5** Mince 4 small garlic cloves separately and set aside, you will use two for the vegetable mix, one for guacamole and one for the Pico de Gallo.

**STEP 6** Chop the onion, both green and red bell peppers (deseeded), and the jalapeno (optional to deseed) into small 1/8-inch size square pieces. Set aside half of the chopped onion for the guacamole and Pico de Gallo.

**STEP 7** In a medium skillet, heat 1 tablespoon of butter or vegetable oil over medium heat and sauté 2 of the minced cloves of garlic for about a minute, then add half of the chopped onion and sauté for about minute. Lastly, add the green bell pepper, red bell pepper, and jalapeno stirring occasionally until softened, about three to five minutes. Include salt and pepper to taste.

**STEP 8** Turn the heat off and place the veggie mixture in a shallow bowl to cool.

**STEP 9** Unroll the crescent rolls and peel them apart from one another on large baking sheet.

**STEP 10** You will be creating a circle with the flattened dough rolls. The ring of dough rolls should look like a sun once complete. To do this, place the smallest edge of the dough roll pieces towards the center of the pan, while also facing the long edge of the dough roll triangles in the same direction (either all facing clockwise or all facing counterclockwise). While creating this circle, you will overlap the dough pieces by about 2/3 of an inch at the bottom. Leave about a 7-inch circle in the middle of the flattened

dough rolls.

**STEP 11** Spread the black refried beans evenly across the inner half-portion of the crescent rolls using a spoon or fork (the portion closest to the middle of the pan), creating a ring of refried beans

**STEP 12** Once the ground beef is chilled sprinkle it on top of the refried beans

**STEP 13** Sprinkle the cheddar cheese on top of the ground beef and then using a fork or spoon flatten down the layers of beans, beef, and cheese to create a flatter top for the veggies to sit on

**STEP 14** Place the sautéed veggies on top of the cheese

**STEP 15** Take the outer tip of each roll and fold it toward the center of the ring created by the crescent rolls (covering the veggies) and tuck it under the inner part of the ring, stretch out the sides of the dough in order to cover more of the mixture along the sides and top of the wreath

**STEP 16** Using a brush, spread 2-tablespoon of oil or melted butter over the top of the wreath, covering every visible portion

**STEP 17** Bake for 25-30 minutes until the top of the wreath is golden brown in color and the bottom of the wreath is cooked (to check if the bottom is cooked, use a spatula to lift the bottom slightly to check if it also has that golden-brown color)

**STEP 18** While the wreath is cooking, peel and mash the avocados in a medium serving bowl and chop up 2 tablespoons of cilantro leaves

**STEP 19** Stir in a quarter of the onion, 1 garlic clove, the 1 tablespoon of chopped cilantro leaves, lime juice, cumin, and salt to taste

**STEP 20** For the Pico de Gallo, chop four Roma tomatoes into ¼ inch pieces and 2 tablespoons of cilantro leaves. Use a separate medium serving bowl and combine the Roma tomatoes, garlic clove, two tablespoons of chopped cilantro, a quarter of the chopped onion, and salt to taste

**STEP 21** Cover both bowls with saran wrap and chill in the refrigerator

**STEP 22** Once the wreath is done turn off the oven and transfer the wreath to a circular serving dish

**STEP 23** In a small/medium bowl, put guacamole in one half of the bowl and the Pico de Gallo in the other half of the bowl. Place this in the middle of the taco wreath.

**STEP 24** Garnish each crescent of the wreath using whole pieces of cilantro

## **Nutritional Data for Vandal Beef Wreath (per serving)**

Calories 332 (16% DV)

Total Fat Total fat 21g (33% DV)

Cholesterol 35mg (12% DV)

Sodium 915mg (40% DV)

Total Carbohydrate 23g (8% DV)

Protein 13g (24% DV)

Vitamin D VITAMIN D .05mcg (.4% DV)

Calcium 102mg (10% DV)

Iron 2mg (13% DV)

Potassium 381mg (8% DV)