

Empanadas

INGREDIENTS

2 lbs. 90-93% fat ground beef
2 cups onion, chopped fine
2 cups green bell pepper, chopped fine
6 garlic cloves, crushed
1 tsp. ground cumin
1 each jalapeno (optional)
2 tsp. chili powder
¼ cup fresh cilantro, chopped
1 tbsp. tomato paste
1/2 packet Sazon seasoning
1 pinch saffron threads or tumeric (optional)
8 oz. tomato sauce, canned
36 Goya empanada dough circles
*enough olive oil for deep frying

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Put all the ingredients except the dough circles in a sauté pan.
3. Cook medium high for 15-20 minutes or until beef is cooked all the way through and the onions and peppers are soft.
4. Lay one dough circle flat and fill half of the circle with the meat filling.
5. Fold the other half of the dough circle over (so it looks like a half moon) and press the edges together with a fork.
6. Heat just enough olive oil to cover a sauté pan.
7. Fry each empanada for about 1 minute on each side.
8. After frying, place empanadas on a cookie sheet for 10-15 minutes or until light brown on the outside.
9. Serve hot or cold. Enjoy with salsa and sour cream if desired!

Makes 36 empanadas

Nutrition facts – amount per empanada

Calories: 192	Exchanges:
Carbohydrate: 17g	1 starch
Protein: 8g	1 high-fat protein
Fat: 8g	1 fat
Cholesterol: 17mg	Sodium: 241mg