

Beef Empanadas

Ingredients

- 2 Tablespoons olive oil
- 1 large onion (chopped, ~ 2 cups)
- 2 cloves garlic (minced)
- 2 teaspoons cumin
- 1 tablespoon sweet paprika
- 2 teaspoons oregano
- 1 pound ground beef
- 1/2 cup green olives (sliced)
- 1/2 cup flat leaf parsley (chopped)
- 1 tablespoon fresh cilantro (chopped)
- 2 stalks green onions (green tops sliced)
- 2 packages Goya empanada discs (20 wrappers total)
- 1/2 cup chimichurri sauce for dipping (optional)



The Recipe

- Preheat oven to 375F. Line 2 baking sheets with parchment paper.
- In a large skillet over medium heat add the olive oil, onion, and garlic. Cook until the onion is soft, and the garlic is fragrant.
- Add the ground beef and spices. Cook until the beef is no longer pink.
- Remove from heat and add the herbs and olives. Season with salt and pepper if desired.
- Place 2 tablespoons filling in the center of each disc of pastry dough.
- Fold over, squeezing out any air, and crimp the outer edge closed.
- Repeat with remaining filling
- Place the filled discs on the parchment lined baking sheet.
- Brush with egg wash (1 egg + 2 tablespoons water mixed) and bake for 20-25 minutes or until golden brown.
- Remove and let cool slightly. Serve and enjoy!