

Beef Empanadas

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*12 frozen empanada shells, thawed
1/8 bunch (one tablespoon) cilantro, chopped
1/2 cup ground beef
3/4 cup green onions, sliced
1/2 cup tri-pepper mix (green, red, yellow), diced
1/4 cup golden raisins
1/4 cup Spanish olives, sliced
2 teaspoons chunky garlic paste
1 tablespoon tomato paste
1/4 cup beef stock
1/2 teaspoon ground cumin
1/4 teaspoon Kosher salt
1/8 teaspoon ground black pepper
1 egg, lightly beaten
parchment paper*

Preheat the oven to 375 degrees.

In a medium saucepan on medium heat, combine the beef, green onions, tri-pepper mix, raisins, olives, cilantro, garlic paste, tomato paste, stock, cumin, salt and pepper. Simmer for 10 to 12 minutes, stirring often, until all of the liquid has been absorbed and the beef is 165 degrees. Transfer the mixture to a baking sheet. Let stand about 15 minutes to cool.

Beat the egg.

Arrange the empanada shells on a flat work surface. Brush the edges with one-half of the beaten egg. Spoon two tablespoons of the meat mixture into the center of each empanada shell. Then stretch the dough and fold in half over the filling. Crimp the edges with a fork to seal.

Brush the remaining egg over the empanadas.

Line a second baking sheet with parchment paper. Arrange the empanadas on the baking sheet.

Bake for 10 to 12 minutes or until golden brown and crisp.

Serve.

Per Serving (excluding unknown items): 597 Calories; 36g Fat (53.0% calories from fat); 29g Protein; 43g Carbohydrate; 4g Dietary Fiber; 308mg Cholesterol; 1296mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fruit; 5 Fat.