

Festive Empanadas

Publix Aprons
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Servings: 8

*2 packages (10 count)
frozen empanada dough,
thawed
1 tablespoon vegetable oil
1/2 pound lean ground beef
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1 teaspoon red pepper
flakes
1 tablespoon chopped garlic
1/2 cup diced yellow onions
1/3 cup sliced Spanish
olives, drained
1/2 cup raisins
1 cup tomato sauce
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
1 large egg, beaten
1 tablespoon water
nonstick aluminum foil*

Place the empanada dough on a counter to thaw.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place oil in the pan. Add the ground beef. Cook for 4 to 5 minutes, stirring to crumble, until no pink remains and the beef is 160 degrees.

Add the oregano, cumin, red pepper, garlic and onions to the pan. Cook for 2 to 3 minutes until the onions have softened. Stir in the olives, raisins, tomato sauce, salt and pepper. Reduce the heat to low. Simmer for 10 minutes. Remove from the heat and set aside for 15 minutes to cool to room temperature.

Preheat the oven to 425 degrees.

Using a decorative mini cookie cutter, cut pieces from the two empanada dough circles and set aside.

In a bowl, whisk the egg and water until well blended.

Line two baking sheets with foil. Place four empanada dough circles on each baking sheet. Top each with 1/2 cup of the meat mixture. Brush the edges with egg wash and top with the remaining eight empanada dough circles. Crimp the edges with a fork to seal.

Brush with the egg wash. Then top with the decorative cutouts. Brush with the egg wash again.

Bake for 12 to 15 minutes or until golden brown.

Serve.

Per Serving (excluding unknown items): 142 Calories; 8g Fat (51.7% calories from fat); 7g Protein; 11g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 333mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.