



Beef Empanadas

Oscar · 29/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

2 hrs 25 mins

Description

This empanada recipe was given to me by a visiting Argentine professor while I was studying Spanish in college. They have become a staple food in my household; they are simple to make and delicious.

Ingredients

- 1 tablespoon extra-virgin olive oil - 1 pound yellow onions
- chopped - 6 scallions
- chopped - 1 green bell pepper
- chopped - 2 pounds ground beef - 2 tablespoons dried oregano - 1 ½ tablespoons salt - 1 tablespoon cayenne pepper - 1 ½ teaspoons ground cumin - 1 tablespoon butter
- or as needed - 36 empanada pastry discs - 1 egg white
- beaten

Instructions

1. Heat oil in a large Dutch oven over medium heat. Add onions
2. scallions
3. and bell pepper. Cover and cook
4. stirring occasionally
5. until onions are translucent
6. 10 to 15 minutes. Add ground beef
7. oregano
8. salt
9. cayenne pepper
10. and cumin to the pot. Cook and stir beef until no longer pink
11. 8 to 10 minutes. Remove from the heat and allow to cool slightly
12. then cover and place in the refrigerator until meat is completely cooled
13. about 1 hour. Remove filling from the refrigerator and transfer to a colander to drain. Return filling to the Dutch oven. Preheat the oven to 400 degrees F (200 degrees C). Liberally grease a baking sheet with butter. Place about 2 tablespoons filling into the center of empanada disk. Fold empanada in half into a crescent shape
14. press the edges of dough together with a fork or your fingers to seal
15. and place onto the prepared baking sheet. Repeat with remaining empanadas and filling. Brush tops with egg white. Bake in the preheated oven until golden brown
16. about 20 minutes.