

Empanadas Beef Turnovers

Jacob · 28/09/2024



Prep Time

1 hr 35 mins

Difficult

Medium

Servings

4

Description

This beef empanada recipe is made with Goya Discos pastry rounds and a mouthwatering filling of seasoned ground beef tomatoes onions and garlic Enjoy these flaky deepfried empanadas as an appetizer a main dish or even after your main course

Ingredients

- - 1 tablespoon Goya Extra Virgin Olive Oil - ½ pound ground beef - ½ medium yellow onion
- finely chopped - ¼ cup Goya Tomato Sauce - 6 Goya Spanish Olives Stuffed with Minced Pimientos
- thinly sliced - 2 tablespoons Goya Sofrito - 1 packet Sazon Goya with Coriander and Annatto - 1 teaspoon Goya Minced Garlic - ½ teaspoon Goya Dried Oregano - Goya Ground Black Pepper
- to taste - 1 (14 ounce) package yellow or white Goya Discos empanada discs
- thawed - 1 quart Goya Corn Oil
- for frying

Instructions

1. Gather the ingredients. Dotdash Meredith Food Studios Heat olive oil in a large skillet over medium heat. Add ground beef; cook and stir until browned and crumbly
2. about 10 minutes. Add onions and cook until soft
3. about 5 minutes. Dotdash Meredith Food Studios Stir in tomato sauce
4. olives
5. sofrito
6. sazón
7. garlic
8. oregano
9. and pepper. Reduce the heat to medium-low and simmer until mixture thickens
10. about 15 minutes. Dotdash Meredith Food Studios Roll empanada disks on a lightly floured surface until 1/2 inch larger in diameter. Spoon about 1 tablespoon meat mixture into the middle of each disk. Moisten the disk edges with water
11. fold in half over filling to form a half-moon
12. and pinch to seal (or seal with a fork). Dotdash Meredith Food Studios Heat 2 1/2 inches corn oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Working in batches
13. fry empanadas until crisp and golden brown
14. flipping once
15. 4 to 6 minutes. Dotdash Meredith Food Studios Transfer to paper towels to drain. Enjoy! Dotdash Meredith Food Studios La Cocina Goya Cooking Tip: Crispy empanadas
16. guaranteed! If you don't have a deep-fry thermometer
17. you can still estimate the temperature of the oil. Just place the handle of your wooden spoon (or a wooden chopstick) into the oil. If a steady stream of bubbles emerges from the wood
18. the oil is perfect. If the oil starts rapidly bubbling
19. or if only a few bubbles are present
20. then the oil is too hot or too cold
21. respectively.