

# Argentinian Empanadas



**SERVINGS:** 12

## INGREDIENTS

### Empanada Dough

3 cups all-purpose flour  
1 tsp garlic powder  
1 tsp onion powder  
1/8 tsp salt  
1/2 cup vegetable shortening  
1 egg yolk  
1 cup warm milk

### Beef Picadillo Filling

1 lb ground beef, 95/5  
1/4 cup Mediterranean Salt-Free Spice Blend  
3 cups white onions, diced  
2 tbsp olive oil  
1/4 tsp salt  
1 bunch scallions, finely chopped  
3 hard-boiled eggs, sliced  
1 tbsp sliced green olives, chopped  
1 egg, separated and lightly whisked



## Tester Feedback



"The spices elevated the dish and made it feel like my mom's cooking."



### Empanada Dough

1. In a food processor combine flour, garlic powder, onion powder, and salt. Pulse until well mixed. Add vegetable shortening and pulse until evenly distributed. Add egg yolk and a small amount of milk to processor. Blend, gradually adding more milk, until dough begins to come together.
2. Turn dough out onto counter and separate into 3 balls. Flatten into discs, wrap in plastic, and refrigerate for 30 minutes.
3. On a lightly floured surface with a rolling pin to roll each disc to 1/8" thickness. Cut dough into 6-inch discs. Repeat with remaining dough, should yield 10-12 discs. Dough can be used immediately or refrigerated or frozen for later use.

### Beef Picadillo Filling

1. Heat olive oil in a large skillet over medium-high heat. Add onions and cook, stirring, until softened, about 8 minutes.
2. Add ground beef, seasoning, and salt. Continue to cook, mixing frequently, until beef is cooked through. Remove from heat and allow to cool. Stir in scallions and chopped olives. Refrigerate until ready to use.

### Assembly

1. To assemble, place a 1/2 cup of meat mixture in center of each dough disc. Top with a slice of hard-boiled egg. Brush the edges of the disc with egg whites. Fold dough in half and seal edges gently with fingers. Twist and fold the edges of dough with fingers, then use a fork to press down and fully seal empanada.
2. Whisk egg yolk with a small amount of water. Brush tops with egg wash and allow to rest in refrigerator for at least 30 minutes, or until ready to bake.
3. Preheat oven to 400°F. Bake for 20-25 minutes or until golden brown. Serve warm.

## Note

If a food processor is unavailable to you: mix flour and spices in a bowl. Add shortening cut into flour using a dough cutter or fork, until it is evenly distributed. Add yolk and a portion of the milk and stir, continuing to add milk until dough just begins to come together. Continue at Step 2.

## Recipe Facts

per serving



\$1.01



2 oz-equivalent grain



1/2 c vegetables



1 1/4 oz-equivalent protein