

# Empanadas

## INGREDIENTS (6 8-INCH SERVINGS)

This recipe is divided into two parts: the filling and the pastry shell. You may wish to find other filling recipes and make several varieties of empanadas.

### Filling:

2 tablespoons olive oil  
5 cloves garlic, minced  
1 medium onion, chopped  
1 green bell pepper, chopped  
2 tablespoons tomato paste  
2 tablespoons cumin  
1 tablespoon paprika  
1 teaspoon chili powder  
1 teaspoon oregano  
Salt to taste  
1 pound ground beef

In a large saucepan, heat oil.

Add garlic, onion, green

pepper, tomato paste,

cumin, paprika, chili powder, oregano, and salt and cook until pepper and onions are tender (8–10 minutes). Stir often. Add beef and cook over low heat for another 5 minutes.

### Shell:

3 cups all-purpose flour  
½ teaspoon salt  
1 egg  
6 tablespoons cold butter  
¼ cup milk

Combine flour and salt then cut in butter until mixture is crumbly. In separate bowl, whisk together egg and milk. Add flour mixture and knead to form dough. Cover and leave in refrigerator for 30 minutes. Roll out dough to ¼-inch thickness on lightly floured surface. Cut 8-inch circles from dough and place on lightly greased baking sheet. Add meat filling to each empanada and fold circle in half. Moisten edges and press down on them with a fork to seal them closed. Bake empanadas at 375°F for 25–35 minutes or until they are golden brown.