

Kaelyn's Beef Empanadas

PREP: 20 MINS (plus frying time)

YIELD: 20 empanadas

2 Tbsp. Vegetable oil (canola or any neutral oil)

Goya sofrito**

1 pound Ground beef, turkey or chicken

1 packet Goya sazón*

Adobo,*** to taste

Salt and pepper, to taste

1 Tbsp. White vinegar

12 Olives (like Kalamata), optional

½ cup Raisins, optional

3 Hard-cooked eggs (chopped), optional

⅔ cup leftover Boiled or fried potatoes, diced

2 packs Goya empanada disks

Vegetable oil for frying

Filling Instructions:

1. Heat oil in a large skillet over medium-high heat, add the ground beef and Goya sofrito and cook, stirring periodically, until the meat is no longer brown. If using homemade sofrito, saute the sofrito first until the onion is translucent before adding the ground meat.
2. Stir in the sazón, adobo (to taste), and continue cooking until the meat is beginning to brown and the excess moisture has evaporated. Do the same if using the homemade sazón and adobo.
3. Add vinegar and stir until evaporated.
4. Drain off any residual oil and set aside to cool.
5. Stir in (if using) the optional olives, raisins and eggs
6. Add the potatoes to half the mixture.

Empanada Instructions:

1. Place several disks on a lightly floured cutting board. Use a rolling pin to make the disc slightly around ¼ - ½ inches larger.
2. Using a mini-ice cream scoop or tablespoon, place a scoop of filling (about 1-2 Tbsp. per disc) in the lower half of each disk. Make sure to leave about ¼ inch space around the edges so the empanada is easier to seal.
3. Brush the edges lightly with water.
4. Fold the other half of the disk over the filling to make a semi-circle.
5. Seal the ends of the empanada with a fork, pressing down lightly along the edges. Place each empanada on a lightly floured sheet of parchment paper or aluminum foil.
6. Repeat this process until all the disks, beef and potato-beef filling are used up.
7. In a large skillet, add enough oil to come about halfway up the sides of each empanada (about 2 - 2 ½ inches). Heat oil over medium-high heat to about 350 degrees Fahrenheit and fry empanadas on both sides (about 3-5 minutes per side) over medium-high heat until golden brown.
8. Remove from heat and drain on paper towels.

*homemade sazón: mix together ½ tsp. cumin, ½ tsp. dried oregano, ½ tsp. garlic powder, ½ tsp. annatto or turmeric (optional), ¼ tsp. ground black pepper

**homemade sofrito: mix together 2 cloves garlic (minced), ½ cup diced onion, ½ cup diced green pepper, 1 diced jalapeño (green part only)

***homemade adobo: In this recipe, which is already well seasoned, just substitute Adobo with ¼ cup tomato sauce or 1 Tbsp. tomato paste and correct for seasoning.