

Beef Empanadas Argentine

Servings: 15

Ingredients:

1 pound Lean Ground Beef
1 Medium Onion, diced
½ Large Red Pepper, diced
½ cup Beef Broth
1 Tablespoon Brown Sugar
½ teaspoon Salt
1 ½ packages (14 ounces) frozen empanada wrappers thawed (such as Goya)
1 egg, lightly beaten
¼ cup Hot Sauce for serving
½ cup salsa
½ cup sour cream



Directions:

Day 1

Preheat oven to 400° F. Line 2 large baking sheets with parchment paper.

Place a large skillet over medium high heat and sauté ground beef, red pepper and onion. Drain fat through a strainer into a small bowl. Discard fat when cooled. Put meat mixture back into skillet and add broth, brown sugar and salt, reduce heat and simmer until most of liquid has evaporated. Let cool.

Line the dough disks on the parchment paper. Brush with egg. Dollop 2 tablespoons filling in the center; fold dough over to form half-moon shape. Press edge together firmly and seal completely with the tines of a fork. Repeat with the remaining ingredients. Place empanadas on prepared baking sheets. Brush with tops with egg.

Bake empanadas for 12 minutes or until golden brown.

Day 2

Preheat oven to 400°F and bake empanadas for 15 minutes to warm up. Serve with sour cream and salsa for dipping.