

Beef Empanadas {empanadas De Carne}

Yield: 14 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-meat-empanadas-recipe>

Ingredients:

- 3 cups all purpose flour
- 1/2 teaspoon salt
- 6 ounces unsalted butter 1 ½ sticks
- 1 egg
- 1/2 cup water adjust as needed
- 4 tablespoons butter or oil
- 1 white onion diced
- 3 garlic cloves crushed
- 1 tablespoon oregano
- 3 teaspoons ground cumin
- 2 teaspoons annatto powder
- 1 pound ground beef
- salt
- pepper
- 1 egg whisked – to be used as egg wash
- chimichurri sauce Quick

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 85 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 10 grams
8. Sodium: 200 milligrams

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