

Bolivian Saltenas

Yield: 16 min

Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-recipe-with-english-peas-with-potatoes>

Ingredients:

- 1/4 ounce unflavored gelatin
- 3 potatoes peeled
- 1 1/2 tablespoons olive oil
- 1 chopped onions
- 1 1/2 pounds ground beef
- 10 ounces peas frozen petite, thawed
- 1 spring onion sliced
- 1/2 cup freshly chopped parsley
- 4 teaspoons white sugar
- 2 teaspoons paprika
- 1/4 teaspoon ground cumin
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 3 tablespoons sauce jalapeno, optional
- 1/2 cup cold water
- 3 eggs hard-cooked, peeled and chopped
- 2 1/4 ounces sliced black olives drained
- 1 cup raisins soaked in water and drained
- 6 cups all-purpose flour
- 1/4 cup white sugar
- 1 teaspoon salt
- 1 cup butter cubed
- 1 1/2 cups hot water
- 2 beaten eggs
- 2 teaspoons water
- 1 tablespoon paprika

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 110 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 10 grams
8. Sodium: 550 milligrams
9. Sugar: 11 grams

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