

Jamaican Beef Patty

Yield: 10 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-garden-egg-recipe>

Ingredients:

- 2 cups flour
- 1/4 teaspoon salt
- 1/2 tablespoon curry powder
- 1/4 cup shortening Solid
- 1/4 cup margarine
- 1/3 cup cold water
- 1 tablespoon oil
- 1 white onion Small, Finely chopped
- 1/4 teaspoon pepper Chopped Scotch Bonnet
- 1/2 pound lean ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper Freshly
- 1/2 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1/4 cup breadcrumbs
- 1/4 cup beef stock
- 1 egg beaten
- 1/4 cup water

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 35 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 270 milligrams
9. Sugar: 1 grams

10. TransFat: 1.5 grams

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