

# Beef Empanadas

Yield: 27 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-beef-empanadas-recipe>

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 cup finely chopped onion about 1 medium
- 1 cup chopped green bell pepper finely, about 1 large
- 1 1/2 pounds ground beef use 85% lean, not the super-lean
- 1 1/2 teaspoons ground cumin
- 1 cup pimento filled green olives, sliced
- 1 cup golden raisins
- 2 teaspoons honey
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1 dash hot sauce to taste
- 3 large eggs separated
- 1 cup unsalted butter at room temperature
- 8 ounces cream cheese at room temperature, don't use low fat
- 1/2 cup heavy whipping cream
- 3 1/4 cups all purpose flour plus more for rolling the dough
- 1 teaspoon kosher salt
- lime wedges for serving

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 9 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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