

Piononos (Fried Plantain Meat Pies)

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-fried-plantain-recipe>

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1 yellow onion large, minced
- 1 1/2 teaspoons achiote ground, available from gourmetsleuth.com
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon dried oregano
- 1 1/2 pounds ground beef chuck
- 1/4 cup raisins
- 1/4 cup pimiento-stuffed green olives roughly chopped
- 16 ounces juice canned whole, peeled tomatoes in, crushed
- kosher salt
- ground black pepper
- 5 plantains ripe, peeled, cut lengthwise into 1/4" slices
- 2 eggs lightly beaten
- 1 tablespoon flour
- 1 cup canola oil

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 75 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 5 grams
8. Sodium: 120 milligrams

9. Sugar: 16 grams
 10. TransFat: 0.5 grams
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