

Beef Empanada Filling

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-beef-empanada-recipe>

Ingredients:

- 1 teaspoon bacon grease pork lard or vegetable oil
- 1 onion large, peeled and coarsely chopped
- 5 garlic cloves peeled and finely chopped
- 2 pounds beef ground
- 1 cup beef broth homemade or from a jar/box
- 1/4 cup green olives pitted and finely chopped
- 1/2 cup raisins soaked in warm water for 1 hour
- 2 small potatoes diced into 1/2- inch cubes and boiled until soft
- 2 eggs hardboiled, coarsely chopped

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 260 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 15 grams
8. Sodium: 520 milligrams
9. Sugar: 11 grams
10. TransFat: 2.5 grams

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