



"Bake what you love and love what you bake". Established 2005

Veggie Empanadas

"To bake or not to bake, that is the question!!!!"

Yield: 12 empanadas

Total time 90 minutes

Here is what you need:

The Dough

3 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons sugar
½ teaspoon salt
½ cup vegetable shortening

¾ cup + 1 to 2 tablespoons vegetable broth
1 large egg

The Veggie Bean Filling

2 medium onions, chopped
2 medium red pepper, chopped
2 medium green pepper, chopped
2 cans black beans, rinsed and drained
2 tablespoons red wine vinegar
4 tablespoons tomato paste
2- 3 tablespoons taco seasoning – add three if you like it spicy!
1 teaspoon granulated garlic
½ teaspoon salt

Oil to deep fry – fill pan with oil high enough to cover empanadas when cooking. If you decide to bake them, you will need an egg wash: 1 egg scrambled with 1 tablespoon of water and a brush.

Here is how you do it:

In a large bowl, combine flour, baking powder, sugar, and salt. Using your fingertips, crumble shortening in the flour. Until it crumbly. In a small bowl, whisk egg and ¾ cups stock together. Make a well in the center of the flour and pour in liquid. Using a spatula at first mix together then use your hands. Add in additional stock one tablespoon at a time until dough is smooth and well-hydrated. Knead the dough in the bowl until super-smooth. Wrap in plastic wrap and place in fridge. Let chill for at least ½ hour if possible. That will be enough time to chop up your veggies and cook the filling.

In a large skillet. add to the pan the onions and peppers. Sauté until softened and add in remaining ingredients and cook for 5 minutes. Turn off heat and remove filling from pan; place in a shallow bowl to cool slightly.



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Remove dough from fridge and cut into 12 equal pieces.

Cover your counter with a piece of plastic wrap or parchment paper. Take one portion of dough and a tiny bit of flour if needed and roll out to a 6-inch circle. Fill one half with 2 heaping spoon fills of filling. Cover with opposite half of dough. Using a fork, to press down and seal the two pieces of dough together. Repeat this process for all 12.

If you are frying the empanadas, once you have formed about 8 of them, turn your oil on. If you are baking them turn your oven on to 400 degrees.

Deep Fry until golden brown, drain off excess oil, and enjoy.

If baking, poke 2 vent holes on top of each. Place empanadas on a baking sheet lined with parchment paper about 1 inch apart. Brush the tops of your empanadas with egg wash. Put into the oven, and bake for 25 – 30 minutes until golden brown.