# empanadas

## Family Chef: Liv McMahon

### Original Recipe Inspiration: It’s an original!

#### Ingredients:

* Goya discs
* Ground beef
* Shredded Mexican blend cheese
* Adobo
* Cayenne pepper
* Salt
* Black pepper
* Garlic powder
* Paprika
* Goya Sazón seasoning (in the orange packets)
* flour

#### Instructions:

1. Cook beef in pan until halfway cooked. Drain liquid, and season with all listed seasoning. Cook until brown and crispy.
2. Take the beef off heat and put aside.
3. Flour your work surface and take a single Goya disc, pinch edges to make closing easier, place on the floured surface (only one side is floured).
4. Put one and a half spoonful’s of meat in center of disc, and a pinch of cheese.
5. Carefully fold in half and pinch closed. Use a fork and press edges shut on both sides. You should be able to pick up empanada and have no filling come out.
6. Brush off extra flour.
7. Goya discs come with parchment squares separating them. Use the parchment squares to separate your finished uncooked empanadas, to prevent sticking.
8. Once all of them are assembled fill a medium saucepan with about an inch or a little under, of oil. You will know when the oil is hot enough when you stick a wooden chopstick in and bubbles form around the stick.
9. Place 2 or 3 empanadas in at a time (caution oil splashes!!).
10. Flip when one side is golden brown.
11. Place on a paper towel lined plate, not overlapping.
12. Let cool for 10 minutes before eating.
13. Enjoy with a my Spanish rice and beans dish!

#### Notes:

As you’ll note from my recipes, I like to cook by instinct like my sister Maggie; rarely using exact measurements. Use what you feel is necessary in terms of quantities and add spices to your personal liking. Enjoy!