

Crispy Fried Beef Empanadas

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Servings: 8

Ingredients:

Empanada dough -

- 2 2/3 cups almond flour
- 1 1/4 cup tapioca flour
- Juice of half of a lime
- 1 tsp chicken bouillon seasoning
- 1 cup warm water

Beef filling -

- 1 lb ground beef
- 1 turnip, diced in small cubes

- ½ medium onion, diced
- ½ cup green peas
- 1 red bell pepper, diced
- 2 cloves garlic
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp garlic powder
- ¼ cup chicken or beef broth (more if needed)
- Salt and pepper to taste

Egg Wash -

- 1 egg, beaten
- 1 tbsp water

Directions:

1. Preheat your oven to 350F. Start by making your dough. Mix everything into a large mixing bowl until your dough forms. Set aside.
2. Make your filling - in a large saute pan, add about a tbsp of avocado oil. Saute your onions, bell peppers and ground beef until veggies are tender and beef is cooked fully.
3. Add your seasonings, garlic and continue to saute. At the point, you can add your peas. Cook for an additional 3-4 minutes and set aside to cool.

4. Roll out your dough and using a large cup or bowl, cut your dough into 6 equal circles. Fill your dough with 1-2 tbsp of filling on one side, fold over and pinch.
5. Place your empanadas on a lined baking sheet, and add your egg wash on top.
6. Bake for 10-15 minutes until golden brown! Dip with your favorite sauce and enjoy!

Nutrition:

Nutrition per serving:

- Calories - 246
- Fat - 11g
- Protein - 15g
- Total Carbs - 22g
- Net Carbs - 15g