



# Beef Empanadas

*Yield - 100 beef empanadas*

## Ingredients

**Lean ground beef**  
 Bell pepper, chopped  
 Cumin  
 Garlic salt  
 White pepper  
 Salsa  
 Hard-cooked eggs, chopped  
 Frozen bread dough, thawed OR,  
 prepared bread dough

\*(if using peeled, hard-cooked egg product)

## Weights

2 lb. 8 oz  
 1 lb. 4 oz.  
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 96 oz.  
 7 lb.\*  
 25 lb.

## Measures

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 5 cups  
 ¼ cup  
 1 Tbsp. 1 tsp  
 1 tsp.  
 3 qt  
 64 large  
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## How to Prepare

1. In a large skillet coated with vegetable spray, brown the ground beef; pour off any drippings.
2. Stir in bell pepper, cumin, garlic salt, and pepper; cook 2 to 3 minutes.
3. Remove from heat. Stir in salsa and chopped eggs.
4. Portion bread dough into 4-ounce pieces.
5. Roll out dough into 6-inch circles.
6. Portion 1/3 cup (#12 scoop) filling in center of dough. Fold dough in half; seal edges and crimp.
7. Place on coated baking sheets and bake at 400° F for about 20 to 23 minutes, until heated thoroughly and crust is golden brown.
8. Let stand 5 minutes before serving or transfer to heated holding unit.

## **Nutrition Information Per Empanada: \***

Calories = 284  
 Fat = 8.2 g  
 Saturated Fat = 2.6 g  
 Protein = 14 g

Carbohydrate = 39 g  
 Dietary Fiber = 2 g  
 Sodium = 772 mg  
 Cholesterol = 142 mg

Vitamin A = 56 RE  
 Vitamin C = 6 mg  
 Calcium = 123 mg  
 Iron = 3.5 mg

\*Meal Pattern: 1.5 oz. meat/meat alternate; 2 bread servings, if enriched; 1/8 cup fruit/vegetable.

Recipe provided by [YumYum.Com](http://YumYum.Com). (Note: This recipe has not been standardized or tested by USDA).

# Beef Empanadas

**Recipe Category:**

**Key USDA Commodity:**

**Food Group:**

**Fact Sheet Database:**

**E-mail Comments to:**

Sauces

Ground Beef

Meats/Meat Alternates

FD Web site: [www.fns.usda.gov/fdd/facts/schfacts/cats.htm](http://www.fns.usda.gov/fdd/facts/schfacts/cats.htm)

USDA/Food Distribution Division: [fdd-psb@fns.usda.gov](mailto:fdd-psb@fns.usda.gov)