



## Baked Beef Empanadas

Serving Size: 3 empanadas

Yield: 12 servings

### Ingredients:

½ pound boneless beef top sirloin, diced

(remove visible fat first)

1 cup finely chopped red potato

1 cup beef broth

¼ tsp. black pepper

¼ tsp. salt

¼ tsp. ground cumin

¼ tsp. allspice

1 cup finely chopped onion

1 Tbsp. finely chopped cilantro

1 Tbsp. cornstarch

1 Tbsp. water

36 wonton wrappers

Cooking spray



### Directions

1. Preheat oven to 400°.
2. Combine first nine ingredients (through cilantro) in saucepan. Bring to a boil over medium heat, stirring occasionally. Reduce heat and simmer for 8 minutes (or until potato is done). Remove from heat and cool.
3. Place 2 baking sheets in oven.
4. Drain meat mixture in a colander. Discard liquid. Finely chop meat mixture with a knife or in food processor (do not over chop in food processor).
5. Whisk together cornstarch and water.
6. Place 1 Tbsp. beef mixture into center of wonton wrapper. Moisten the edges with cornstarch mixture. Bring opposite corners together to form a triangle. Pinch the edges to seal. Place on a wire rack. Repeat with remaining beef mixture and wrappers, keeping remaining wrappers under a damp towel to keep them from drying out.
7. Remove baking sheet from oven and coat with cooking spray. Arrange empanadas in a single layer on cooking sheets and coat with cooking spray.
8. Bake at 400° F for 8 minutes or until golden, turning once.

**Nutrition Facts Per serving:** Calories: 113 Fat: 1.1g Protein: 7.4g Carbohydrate: 17.8g Fiber: 1g Sodium: 202mg

**Source:** Cooperative Extension Service, [www.extension.org](http://www.extension.org)



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