

Homemade Beef Empanadas

Crispy homemade beef empanadas with savory ground beef filling wrapped in golden pastry dough. Perfect appetizer or main dish with authentic Spanish flavors.

20 min

PREP

35 min

COOK

55 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 3 cup flour
- 1 tbsp baking powder
- 2 tbsp granulated sugar
- 1 tsp salt
- 1 stick unsalted butter
- 1 egg
- 3 cup chicken broth
- 4 tbsp olive oil
- 1 lb ground beef
- 5 clove garlic
- 2 tbsp tomato paste
- 2 tbsp vinegar
- 2 tbsp cumin
- 1 tsp chili flakes
- 1 tsp oregano
- 1 bell pepper
- 1 capia pepper
- 1 onion

Instructions

1 **Make the dough**

Combine 3 cups flour, 1 tablespoon baking powder, and 1 teaspoon salt in a food processor. Pulse 5-6 times until evenly mixed.

2 Add 1 stick cold butter (cut into small cubes), 1 egg, and 4 tablespoons chicken stock to the flour mixture. Process for 30-45 seconds until the dough forms a rough ball and pulls away from the sides.

3 Transfer dough to a lightly floured surface and knead briefly until smooth. Wrap tightly in plastic wrap and refrigerate for at least 1 hour or up to overnight.

4 **Prepare the filling**

Heat 2 tablespoons olive oil in a large skillet over medium heat until shimmering, about 1-2 minutes.

5 Add 1 diced onion and cook for 5-6 minutes, stirring occasionally, until soft and translucent. Add 5 minced garlic cloves and cook for 30 seconds until fragrant.

6 Add 1 pound ground beef and cook for 8-10 minutes, breaking up the meat with a wooden spoon, until browned and no pink remains.

7 Stir in 2 tablespoons tomato paste, 2 tablespoons paprika, 1 teaspoon salt, 1 teaspoon cumin, and cook for 2 minutes until the paste darkens slightly. Remove from heat and let cool completely, about 30 minutes.

8 **Assemble and bake**

Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.

9 Roll the chilled dough on a floured surface to 1/8-inch thickness. Cut into 6-inch circles using a large bowl or cookie cutter, re-rolling scraps as needed to make about 12 circles.

10 Place 2-3 tablespoons of cooled filling in the center of each circle. Beat 1 egg and brush the edges of each circle with the beaten egg.

11 Fold each circle in half to create a half-moon shape and press the edges firmly with a fork to seal completely. Transfer to the prepared baking sheet.

12 Brush the tops with the remaining beaten egg and cut 2-3 small slits in each empanada with a sharp knife to allow steam to escape. Bake for 25-30 minutes until golden brown and crispy.

Tips

Cool the beef filling completely before assembling empanadas to prevent the dough from becoming soggy and ensure easier handling during shaping.

Roll the dough to an even 1/8-inch thickness to ensure uniform cooking and prevent thin spots that might tear during filling.

Use a bowl or large cookie cutter to cut perfect circles from the dough, ensuring consistent empanada sizes and even baking times.

Brush the empanada edges with beaten egg before sealing to create a stronger bond and achieve a beautiful golden color when baked.

Make small slits or poke holes in the top of each empanada with a knife tip to allow steam to escape and prevent bursting.

Place empanadas on parchment-lined baking sheets with space between each one to ensure proper air circulation and even browning.

Freeze assembled unbaked empanadas on baking sheets first, then transfer to freezer bags to prevent them from sticking together.

Test one empanada for doneness by checking that the internal temperature reaches 165°F (74°C) and the pastry is golden brown all over.