



## **Perfect Picadillo Empanadas**

### **Ingredients**

2 tablespoons olive oil  
1 small white onion, diced  
2 garlic cloves, minced  
1 pound lean ground beef or turkey  
1 jar sofrito  
1 can black beans  
1 bag frozen sweet corn  
1 bunch cilantro  
Salt and pepper to taste

2 tubes crescent roles (whole wheat if possible)

### **Directions**

1. Picadillo: Heat the olive oil in a large skillet over medium heat. Sauté onion and garlic until translucent. Turn the heat to medium-high, add the beef, and cook thoroughly, about 10 minutes. Stir in sofrito, beans, corn and seasonings. Let cool before assembly.

2. Preheat the oven to 400 degrees F, spray a cookie sheet with olive oil and spread out your dough sheets for filling. Place a 1/4 cup picadillo in the center and fold the dough over and seal tightly crimping with a fork. Repeat with the remaining dough and filling. Puncture the top of each empanada with the fork to allow steam to escape while baking.

Bake about 10-12 minutes or until golden brown. Place on cooling rack in not served immediately.