



# Colombian Beef & Pork Empanadas

SERVINGS  
12 → 48

For National Nutrition Month 2025: Food Connects Us webinar, Sandra Arevalo, RDN shared this recipe. These Colombian Empanadas are a popular snack in Colombia and are served by most Colombian restaurants in the USA. Traditionally, these delicious fritters are made with shredded pork and beef, but in my family we always make them with ground meat. Serve them with ají and lime wedges on the side.

RECIPE SOURCE  
[mycolombianrecipes.com](http://mycolombianrecipes.com)

PREP TIME  
45 MIN

COOKING TIME  
1 HRS

TOTAL TIME  
1 HRS 45 MIN

## Ingredients

### DOUGH

- 6 cups yellow cornmeal, precooked (masarepa)
- 2 tablespoons sazón goya with azafrán
- 1/2 tablespoon plus 1/2 teaspoon salt, first measure
- 8 cups water
- 1/4 cup canola oil

### FILLING

- 8 cups potatoes, peeled, and diced
- 4 chicken or vegetable, bouillon tablet
- 1/4 cup olive oil
- 1 cup white onion, chopped
- 4 cups chopped tomato
- 1 cup chopped green onion
- 4 chopped garlic, clove
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped fresh cilantro
- 1/2 tablespoon plus 1/2 teaspoon second measure, salt,
- 1 teaspoon ground black pepper
- 1 pound ground pork
- 1 pound ground beef
- canola oil for frying

## Cooking Instructions

- Gather all ingredients and equipment.  
CCP: Wash your hands with warm water and soap for at least 20 seconds  
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Thawing CCP: Defrost ground pork and beef in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

## Nutrition Facts

### Amounts Per Serving

**Calories** 187

**Total Fat** 9g

Saturated Fat 2g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

**Cholesterol** 24mg

**Sodium** 182mg

**Total Carbohydrates** 19g

Dietary Fiber 2g

Sugar 1g

**Protein** 9g

**Vitamin A** 272IU

**Vitamin C** 8mg

**Calcium** 17mg

**Iron** 1mg

**Phosphorous** 118mg

**Potassium** 327mg

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(<http://www.nutritionix.com/api>)

3. Prep potato, onions, tomatoes, green onions, garlic, bell peppers and cilantro as directed above.

CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.

4. DOUGH: Place the masarepa in a bowl. Add the sazón Goya and first measure salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes. Meanwhile make the filling.

5. FILLING: Cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside.

6. Heat olive oil in a large, heavy skillet. Add the onion and cook over medium-low heat stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, second measure salt and black pepper. Cook for about 15 minutes.

7. Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes until the mixture is fairly dry and has reached the stated CCP temperature.

CCP: Cook to a minimum internal temperature of 160 °F (71°C).

8. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine.

9. Using a #40 scoop, form 1 ½ tablespoons dough portions into balls by rolling between the palms of your hands.

10. Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in the center of each using a #60 scoop or tablespoon.

11. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork.

12. Heat fryer or fill a pot with canola oil and heat over medium heat to 360°F (182°C).

13. Carefully place empanadas in the heated oil and fry for about 2 minutes until golden on all sides.

14. Using a slotted spoon, transfer the empanadas to a plate lined with paper towels.

15. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

## Serving Instructions

Serve 1 each using tongs for approved diet types and textures.

### \*\*DIET TYPES\*\*

Diabetic (CCHO): YES

Heart Healthy/Cardiac: Ground Meat Burger Patty

Low Sodium: YES

Vegetarian: Columbian Vegetarian Empanadas

Gluten Free: YES

### \*\*TEXTURES & CONSISTENCIES\*\*

FF: YES

EC7/Soft: Baked Meatballs (from frozen)

SB6: Soft & Bite Sized Baked Meatballs (from frozen)

MM5: Minced & Moist Baked Meatballs (from frozen)

PU4: Pureed Baked Meatballs (from frozen)

## Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.19.25.

## Recipe Tags

dinner plastic wrap dairy free  
low sodium diabetic gluten  
free potato pork fork #60  
scoop/tablespoon #40 scoop  
slotted spoon pot or fryer  
tongs rolling pin skillet pot  
bowls parent recipe snack  
appetizer side dish beef finger  
food regular columbian latin

Serve with lime and aji. Aji is a type of chili pepper common in South American cuisine. The source recipe site has a recipe for Aji Colombiano which is Columbian Hot Sauce.

## Allergens

soybean, yeast, corn