



Vegan Black Beans Empanadas

Yield: 24 empanadas

Time: 1 hour

Ingredients:

- 2 tablespoons Olive Oil
- ½ teaspoon Minced Garlic
- ¼ cup Green Pepper, chopped
- ¼ cup Yellow Onion, chopped
- 1 bag Vegan Beefy Crumbles
- 1 cup Marinara Sauce
- 1 teaspoon Nutritional Yeast or Adobo
- 1 teaspoon Garlic Powder
- 1 Sweet Plantain, chopped
- 1 can Black Beans
- 1 small can Whole Kernel Corn
- Salt & Pepper to taste
- Cayenne Pepper to taste if desired
- 1 cup Vegan Shredded Cheese or regular for vegetarian
- 1 Package Goya Dough Turnover Pastries **see notes

Instructions:

1. Heat oil in a large skillet over medium heat.
2. Sauté garlic, green peppers and onions for 2 minutes.
3. Add beefy crumbles and cook for about 4 minutes. Stir in marinara sauce, nutritional yeast and garlic powder. Cook for about 3 minutes.
4. Lower heat to medium-low, add sweet plantains and fold until well incorporated.
5. Add black beans, corn, salt & pepper, cayenne pepper if using, cook for another 3 minutes.
6. Fold ingredients in cheese, turn stove off and set aside.
7. Preheat oven to 350 degrees.
8. On a lightly floured work surface, using a rolling pin, roll out discos until ½” larger in diameter. Spoon about 1 tbsp. mixture into middle, fold in half to form a half moon; seal with a fork.
9. You can also deep fry but I prefer to bake them for about 15 minutes, flip over and bake for another 10 minutes or until they have a light golden color.
10. Let if cool for about 10 minutes, serve with salsa or guacamole.

For my Easy Guacamole:

Ingredients:

2-3 Avocado Hass
¼ cup red onion, chopped,
Salt & Pepper to taste
½ fresh squeezed lime

Instructions:

Mix all ingredient and stir together until well incorporated.

****Notes:** You can find the empanada dough at your local supermarket in the Hispanic or International food aisle. I also use sofrito as a seasoning, you can find the recipe on my blog.