

Hungry Planet Beef Empanadas

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	RDS	VG	25	3.70 oz

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Name of ingredient	Capacity measure	EP	Methods

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2 Hungry Planet® Beef Empanada Filling v.2 2 lb 7.61 oz

2.1.1 SUB-RECIPE: HUNGRY PLANET® BEEF EMPANADA FILLING V.2

Name of ingredient	Capacity measure	EP	Methods

Onions, finely chopped	2 1/4 tbsp	0 lb 0.62 oz	Saute the onions, peppers, and garlic in the oil. Cool completely and reserve.
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Peppers, red bell, chopped	4 tbsp	0 lb 1.25 oz
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Garlic, raw, chopped	2 3/8 tsp	0 lb 0.25 oz
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Oil, canola	2 tsp	0 lb 0.30 oz
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Name of ingredient	Capacity measure	EP	Methods

2.1.2 Spices, thyme, dried, whole leaf 1 1/4 tsp 0 lb 0.04 oz

Spices, oregano, dried 1 tsp 0 lb 0.06 oz

Cumin, ground 2 1/2 tsp 0 lb 0.17 oz

Salt, kosher, Diamond Crystal 5/8 tsp 0 lb 0.06 oz

Spices, pepper, black 5/8 tsp 0 lb 0.05 oz

Smoked paprika 5/8 tsp 0 lb 0.05 oz

Cornstarch 2 1/2 tsp 0 lb 0.24 oz

Combine the thyme, oregano, cumin, smoked paprika, cornstarch, kosher salt, and black pepper.

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	Name of ingredient	Capacity measure	EP	Methods
2.1.3	Tomato paste	1 tbsp	0 lb 0.62 oz	Add the soy sauce, lemon juice, water, and tomato paste to the herbs and spices and whisk.
	Soy sauce, low sodium	1 1/4 tbsp	0 lb 0.70 oz	
	Lemon juice, raw	1 1/4 tbsp	0 lb 0.65 oz	
	Beverages, water, tap, municipal	1 cup	0 lb 6.89 oz	

	Name of ingredient	Capacity measure	EP	Methods
2.1.4	Hungry Planet Beef™		1 lb 4.00 oz	Add spice and water mixture to the Hungry Planet beef and chorizo. Mix until just incorporated.
	Hungry Planet Chorizo™		0 lb 2.50 oz	

	Name of ingredient	Capacity measure	EP	Methods
2.1.5	Potatoes, canned, drained solids	1/3 cup	0 lb 2.50 oz	Fold the dice potatoes, shredded vegan cheddar, and chopped parsley into the meat.
	Vegan cheddar cheese, shredded	2/3 cup	0 lb 2.50 oz	
	Parsley, Italian, fresh, chopped	1 1/4 tbsp	0 lb 0.14 oz	

	Name of ingredient	Capacity measure	EP	Methods
3	<u>Empanada Dough Traditional</u>		3 lb 4.88 oz	


3.1.1 SUB-RECIPE: EMPANADA DOUGH TRADITIONAL

	Name of ingredient	Capacity measure	EP	Methods
	Wheat flour, white, all-purpose, unenriched	1 1/2 qt	1 lb 12.64 oz	Place flour on a work surface. Cut shortening and salt into flour.
	Salt, kosher, Diamond Crystal	1 1/3 tbsp	0 lb 0.41 oz	
	Shortening, vegetable, household, composite	1 1/2 cup	0 lb 11.10 oz	

	Name of ingredient	Capacity measure	EP	Methods
3.1.2	Egg substitute, powder	3 tbsp	0 lb 0.69 oz	Mix egg substitute with first quantity of water.
	<i>The Neat Egg BRAND</i>			
	Beverages, water, tap, municipal	2.9 fl oz	0 lb 2.90 oz	

	Name of ingredient	Capacity measure	EP	Methods
3.1.3	Vinegar, white	3 tbsp	0 lb 1.46 oz	Add vinegar, second quantity of water and prepared egg substitute to dough and mix until a ball forms. Knead slightly, wrap in plastic and refrigerate for 2 hours. Divide into 2 oz pieces, roll out on a lightly floured surface.
	Beverages, water, tap, well	1 cup	0 lb 7.65 oz	

ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 12.49 oz	0 %	5 lb 12.49 oz	0 %	5 lb 12.49 oz
Size of portion	3.70 oz		3.70 oz		3.70 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	13.56 g	45.74 %	262.11 kcal	Salt	0.53 g	
Saturated	3.11 g	10.49 %	1,096.71 kJ	Salt	0.53 %	Vitamins
Monounsaturated	5.25 g	17.71 %	1.10 MJ	Sodium	313.22 mg	Vitamin A
Polyunsaturated	3.62 g	12.22 %		Phosphorus	40.40 mg	Vitamin D
Trans	1.58 g	5.34 %		Potassium	201.11 mg	Thiamine
Cholesterol	4.24 mg			Iron	1.56 mg	Riboflavin
Linolenic acid	3.35 g			Calcium	40.08 mg	Niacin
Alpha-linolenic acid	256.61 mg			Zinc	0.27 mg	Vitamin B6
Carbohydrate	26.88 g	41.67 %		Magnesium	9.55 mg	Vitamin B12
Sugars	0.37 g	0.57 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	11.55 µg	Vitamin C
Lactose	0.00 g			Copper	0.06 mg	Vitamin E
Fibre	2.30 g	1.67 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.00 g	0.00 %				Water
Protein	8.35 g	12.94 %				
Alcohol	0.00 g	0.00 %				