

# Veggie Empanadas

Source: Dora Stone, chef and photographer, founder of MMMole.com and DorasTable.com

These veggie empanadas are perfect to eat on the go. Lentils and plenty of spices take center stage to leave you wanting more!

## About the Recipe

**167 Calories · 7 g Protein · 3.8 g Fiber**

**Lunch**

**Chef's Notes:** Serve with an oil free sofrito or chimichurri.

## Ingredients

**Makes 16 Servings**

- all-purpose flour (3 1/3 cups)
- salt (1 tsp.)
- warm water (1 cup)
- silken tofu (1/3 cup)
- brown lentils, washed and sorted (1 1/3 cups)
- yellow onion, diced (for lentil mix) (1/2)
- bay leaf (1)
- chopped yellow onion (for filling) (3/4 cup)
- cloves garlic, minced (2)
- hot paprika or smoked paprika (2 tsp.)
- sweet paprika (1 tsp.)
- ground cumin (1 tsp.)
- olives, sliced (1/4 cup)
- green onions, sliced (1/4 cup)
- raisins, roughly chopped (1 tbl.)
- vegetable broth (3/4 cup)

- aquafaba (liquid from can of chickpeas) (1/4 cup)

## Directions

1. To make the dough, combine the all-purpose flour, salt, and tofu in a large bowl. Use a pastry cutter or your hands to cut the tofu into the flour mixture. Add the warm water gradually and mix with a wooden spoon.
2. Form dough into a ball and knead for 10 minutes on a lightly floured surface until the dough is elastic and smooth. Place in a bowl and let rest for 1 hour.
3. To make the lentils, place the lentils in a small saucepot and cover with water. Add the 1/2 onion and bay leaf and bring to simmer. Cook for 15 minutes or until lentils are slightly tender. Remove lentils from heat and strain. Let cool.&nbsp;
4. Place lentils in food processor or mash with a fork until they resemble crumbled meat.
5. Heat a large sauté pan on medium-low and add 1/4 cup of water. Add onion and cook for 6-7 minutes or until onion is tender and translucent. Add garlic and cook for 2 more minutes.&nbsp;
6. Add lentils, hot paprika, sweet paprika, and cumin. Mix to combine. Add broth and bring to a simmer. Add olives, raisins, and green onions. Continue simmering until almost all the liquid has evaporated. Season to taste.
7. Preheat oven to 350 F. Transfer dough to a floured surface and roll out to 1/4 inch thick. Using a large cookie cutter or bowl, cut the dough into circles. Gather excess dough, form into a ball, and repeat this process until you have 16 circles.
8. Place 1 1/2 tablespoons of the filling in the middle of the dough round. Fold the dough over to enclose the filling and crimp the edges with a fork to seal or seal them decoratively as the Argentinians do. Brush with aquafaba.
9. Place on a sheet tray lined with parchment paper and bake for 35 to 40 minutes or until the bottoms are golden brown. Turn oven off and turn the broiler to low. This will brown the top of the empanadas. Leave the empanadas under the broiler for 5 minutes.

## Nutrition Facts

**Per serving:**

**Calories:** 167

**Fat:** 1.1 g

**Saturated Fat:** 0.1 g

**Calories from Fat:** 5%

**Cholesterol:** 0 mg

**Protein:** 7 g

**Carbohydrate:** 31 g

**Sugar:** 1.9 g

**Fiber:** 3.8 g

**Sodium:** 216 mg

**Calcium:** 23 mg

**Iron:** 3 mg

**Vitamin C:** 1.5 mg

**Beta-Carotene:** 176 mcg

**Vitamin E:** 0.2 mg