

Potato and Black Bean Empanadas



A yummy vegan take on a classic Argentinian dish, perfect to keep munching on!

Ingredients

- 1 cup all-purpose flour (for the dough)
- 1 cup wholemeal flour (for the dough)
- 1 tsp baking powder (for the dough)
- 1/2 cup Extra Virgin olive oil (for the dough)
- salt (for the dough)
- 1/2 cup Water (for the dough)
- Salt and pepper to taste (for the dough)
- 2 tbsp Extra Virgin olive oil (for the filling)
- 2 cups canned black beans - rinsed, drained and mashed slightly (for the filling)
- 2 small potatoes, peeled and diced (for the filling)
- 1 brown onion, diced (for the filling)
- 2 garlic cloves, minced (for the filling)

1 tsp cumin powder (for the filling)

1 tsp sweet smoked paprika (for the filling)

Salt (for the filling)

Method:

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Take the all-purpose flour, wholemeal flour, baking powder and salt in a bowl. Add oil slowly.
3. Use your fingertips to combine the oil and flour thoroughly, slowly add the water and knead everything as a soft dough.
4. Meanwhile heat oil in a pan, add the chopped onions and sauté until translucent. Add the garlic, spices and salt to taste and sauté for another minute.
5. Now add the diced potatoes, black beans and cook for a few minutes.
6. Add enough water to cover the bottom of the pan. Cover and cook over medium heat, stirring occasionally, until the potatoes are cooked.
7. While the potatoes, divide the dough into 5-6 balls. Roll each ball into medium sized circles.
8. Once the potatoes are cooked, divide the filling between the circles of flattened dough, fold each of them and seal well using a fork.
9. Arrange them on a baking paper and bake for about 20 to 30 minutes until the top turns golden brown.
10. Cool just a bit on wire rack before serving.