

Mexican Keto Empanadas

Hands-on 30 minutes Overall 50 minutes



Nutritional values (per serving, 1 piece): Total carbs: 7.8 g, Fiber: 2.6 g, **Net carbs: 5.2 g**,

Protein: 20.1 g, Fat: 27.1 g, Calories: 346 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 12 empanadas)

Filling:

- 1 tbsp [extra virgin olive oil](#) or [ghee](#) (15 ml)
- 500 g ground beef (1.1 lb)
- 1 small yellow onion, chopped (70 g/ 2.5 oz)
- 1 small red bell pepper, chopped (75 g/ 2.7 oz)
- 1 small green bell pepper, chopped (75 g/ 2.7 oz)
- 250 g radishes, diced (8.8 oz)
- 1 tbsp taco seasoning or about 4 tbsp taco sauce - *you can [make your own Taco Sauce](#)*
- 1 tbsp unsweetened tomato paste (15 ml)
- 1 tbsp [coconut aminos](#) (15 ml)
- 1/2 cup [chicken stock](#) or [bone broth](#) (120 ml/ 4 fl oz)
- 1 large egg, beaten, to seal the edges

Pastry:

- 3 cups shredded low moisture mozzarella cheese (340 g/ 12 oz)
- 5 tbsp cream cheese (75 g/ 2.7 oz)
- 2 large eggs
- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- 1/2 tsp ground black pepper

Instructions

1. Prepare all the ingredients.
2. Heat the olive oil in a large pan and add the chopped onions and garlic.
3. Cook for a couple of minutes and then add the ground beef and

cook until browned and cooked through.

4. Add the capsicums and the radishes and cook for a further 10 minutes until the vegetables are tender.
5. Add the taco seasoning, tomato paste, coconut aminos and chicken broth and stir to combine.
6. Cook for another five minutes until the chicken broth has absorbed into the mixture. Set aside to cool while you make the pastry.
7. Preheat oven to 170 °C/ 340 °F (fan assisted), or 190 °C/ 375 °F (conventional). Combine mozzarella and cream cheese in a large microwave safe mixing bowl.
8. Heat on high for 1 minute. Remove and stir. Heat for an additional minute.
9. Add the almond flour, seasonings and the eggs and mix well until a dough forms.
10. Divide the dough into 12 balls.
11. Roll each ball out between two sheets of greaseproof paper until 6 mm/ 1/4 " thin.
12. In the centre, place a spoonful of filling. (You can top with some extra cheese, if you want)
13. Beat the retained egg and brush the edges of the dough lightly before folding over and pressing to seal. Place empanadas onto lined oven trays and brush with beaten egg.
14. Bake for 20 minutes. Serve warm, optionally with sour cream.
Can be stored in a covered container in the fridge for up to five days.

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