

Cooking in the South Bronx

Empanadas (Baked)-10 servings

Ingredients

½ lb ground beef
1 tablespoon olive oil (**Only for baking**)
2 tablespoons Goya Frozen Sofrito (blue and white container, but sofrito must be thawed)
1 garlic clove, crushed
1 tablespoon oregano
1 green pepper
1 (8 oz.) can tomato sauce
1 tbsp. sugar
1 tbsp. vinegar
1 tsp. salt
1 packet Goya Sazon
1 teaspoon Adobo
1 package fresh mozzarella cheese
1 package frozen Goya discos para Empanadas (10 in each package, must be thawed)
2 eggs
¼ cup Corn oil

Reynolds Parchment Paper (For baking)

Filling (Meat)

1. Heat the olive oil in a large saucepan over medium heat.
2. Cut the green pepper into ¼ inch cubicle slices
3. Add the ground beef to the saucepan along with the green peppers. **DO NOT** add the mozzarella cheese.
4. Add the salt, sugar, and oregano to the ground beef.
5. Let the ground beef simmer for 15-20 minutes or until brown. Continuously break up the meat every five minutes while it is cooking. Make sure to add a lid to the saucepan to keep the steam from escaping the saucepan.
6. Add vinegar, Sazon, sofrito, Adobo, tomato sauce, and garlic to the saucepan.
7. Lower heat to medium-low and simmer until the mixture thickens.
8. Turn heat off once meat is officially brown and cooked.

Baking

1. Preheat oven to 400 degrees Fahrenheit.
2. On a lightly floured work surface, using a rolling pin, roll out discos until ½" larger in diameter. Spoon about 2 tablespoons of cooked ground beef into middle of empanada (**or you can add 2**

tablespoons of mozzarella cheese) and fold it in half to form a half moon; moisten edges with water and seal with a fork.

3. Whisk egg well
4. Moisten each empanada dough with egg yolk on each side of empanada (**only for the baking process**)
5. Once every empanada is filled with ground beef or mozzarella cheese, place it on parchment paper and place on baking sheet pan.
6. Bake empanadas for 15-20 minutes, or until golden brown.
7. Take out of oven and let cool for 15 minutes.

American BBQ Chicken wings -5 servings

Ingredients

1 bottle Sweet Baby Ray's Barbeque Sauce
10 frozen chicken wings (or unfrozen)

Directions

1. Put grill on medium heat if it is a gas grill.
2. Add the frozen chicken wings to the grill.
3. Close lid and let chicken wings grill for 20 minutes or until meat is cooked completely.
4. Add Sweet Baby Ray's BBQ Sauce to the chicken wings and cook for 10 more minutes.
5. Let the wings cool for 15 minutes.
6. Serve. 😊

Habichuelas Guisadas (Puerto Rican Stewed Beans)-6 to 8 servings

Ingredients

1 tablespoon olive oil
1/4 cup tomato sauce
2 tablespoons sofrito
1 packet sazón seasoning
1/4 teaspoon black pepper
2 cups cooked pinto beans, drained (canned Goya pinto beans)
1 1/2 cups water
salt to taste

Directions

1. Heat oil in a saucepan over low heat.
2. Add tomato sauce, sofrito, sazón, and pepper.
3. Cook, stirring for about 3 minutes.
4. Stir in beans, water, and salt.
5. Increase heat to medium, and cook for 15 minutes, or until sauce has thickened

Yellow Rice-4 servings

Ingredients

1 Tbsp. olive oil
1/4 tsp. GOYA® Adobo
1 packet Goya sazón
1 Tbsp. GOYA® Frozen Recaito or sofrito, thawed
1/2 cup. tomato sauce
2 cup water
1 cup long grain white rice

Directions

1. Heat oil in a medium saucepan on medium-high heat. Add water after 1 minute of heating.
2. Add tomato sauce, sazón, adobo, and sofrito/recaito.
3. Add rice.
4. Reduce heat to medium-low, cover, and simmer until tender and liquid is absorbed. This should take 15 to 20 minutes