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# Sausage Empanadas with Tomato Sauce

*The Prime House Restaurant - Greentree, PA  
Pittsburgh Chefs Cook Book - 1989*

## FILLING

1 pound hot sausage  
1 avocado, diced  
4 ounces Jack cheese, shredded  
4 ounces diced tomatoes  
1 teaspoon cumin  
1 tablespoon fresh cilantro, chopped  
1 teaspoon lemon juice  
1/2 teaspoon red pepper

## DOUGH

2 3/4 cups all-purpose flour  
3 tablespoons vegetable shortening  
3/4 teaspoon salt  
3/4 cup warm water

## FRESH TOMATO SAUCE

1 can (16 ounce) diced tomatoes in juice  
1 teaspoon fresh garlic, chopped fine  
1 bay leaf  
1 tablespoon basil leaves  
1/2 teaspoon oregano  
1/2 teaspoon sugar  
3 ounces chicken stock  
2 tablespoons red wine  
salt (to taste)  
pepper (to taste)

Make the tomato sauce: In a saucepot, add all of the ingredients. Simmer for one hour.

Make the filling: Grind the sausage. Cook in a skillet until brown. Drain all of the grease.

Add the avocado, Jack cheese, tomatoes, cumin, cilantro, lemon juice and pepper. Mix well.

Make the dough: Measure the flour into a bowl, working in the shortening. In another bowl, dissolve the salt in water. Add to the flour mixture.

Knead the dough for several minutes until smooth.

Divide the dough into eight portions. Roll each portion into a ball. Roll each ball out into a seven-inch circle. Brush each circle with water and add the filling. Fold the dough over into semi-circles. Pinch the edges of the dough at the edges to seal.

Heat 3/4 inch of oil in a deep frying pan to 350 degrees. The oil is ready when a cube of bread dropped in the oil turns golden brown in 15 seconds. Cook the empanadas until crisp and golden. Drain well on crumpled paper towels. (Alternately, bake in a 400 degree oven for 20 to 25 minutes or until puffed and golden.)

Place the empanadas on a serving plate, Serve with the tomato sauce on the side.

Yield: 8 empanadas

## Sandwiches

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*Per Serving (excluding unknown items): 1998 Calories; 74g Fat (33.4% calories from fat); 41g Protein; 288g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 2414mg Sodium. Exchanges: 17 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 14 Fat; 0 Other Carbohydrates.*