

## **Empanadas Colombianas** from Constanza Tabares

### Ingredientes

1 cup of wheat (corn?) flour

1 egg

small pieces of fried meat

rice already prepared

small pieces of onion

salt

### Directions

Take the flour and add salt and water and knead that. Once it is ready, cut the mass and you extend that very flat and add the rice, the meat, the onion and make a small roll. Then put that into a pan with boiling oil, at low. And VOILA!!! another experiment. Try and let me know.

Pls to not burn the whole kitchen.