



## EMPANADA FLAVORS

<b>\$4/ea Original Flavors</b>	
BF	Beef
SBF	Spicy Beef
CHX	Chicken
SCX	Spicy Chicken
SP	Spinach
CHO	Cheese and Onion
HC	Ham and Cheese
LA	Lamb
VEG	Roasted Vegetables
BSQ	Butternut Squash
4C	Four Cheese
STK	Steak and Cheese
MED	Mediterranean Beef
BK	Breakfast
VBK	Veggie Breakfast
GY	Guava and Cheese
<b>\$6/ea Plant-Based Flavors</b>	
VTR	"The Traditional"
VMU	Onions & Mushrooms
VCP	Veggie Chickpea
VBT	Vegan Breakfast
VSP	Spinach & Broccoli
VSQ	Butternut Squash

**941.870.2729**

# EMPANADA KEEPING & HEATING INSTRUCTIONS

## KEEPING

Empanadas last for  
1 week in the refrigerator or  
3 months in the freezer

## HEATING

Preheat oven or toaster oven to 450 °F  
Use cookie sheet  
If REFRIGERATED, bake for 6-10 minutes  
If FROZEN, bake for 15-20 minutes  
To heat refrigerated empanadas in a pinch,  
use a sautee pan on medium heat  
to crisp empanadas on both sides

## PRO TIPS!

When heating REFRIGERATED empanadas,  
place them in the oven once it is preheated

When heating FROZEN empanadas,  
place them in the oven when you turn it on

Either way, start timer the moment  
empanadas are placed into the oven

To check if empanadas are ready,  
flip empanada over and touch the underbelly.  
The internal temperature will be easy  
to gauge this way.

If freezing empanadas,  
wrap well so as to prevent freezer burn

If heating 8+ empanadas at a time,  
add at least 5 minutes of heating time  
to make up for heat displacement

## WHERE TO BUY

Our retail store:

4141 S. Tamiami Trail Sarasota FL 34231  
941-870-2729

M-F: 10am-6:30pm & Sat: 10am-4pm

The Sarasota Downtown Farmer's Market  
Every Saturday morning, year round  
7am to 1pm, Rain or shine!



The Empanada Girl



@TheEmpanadaGirl

EmpanadaGirl.com