

Cooking with IL

*in celebration of
Hispanic Heritage Month*

Join IL parent Mrs. Hernandez as she
Mar Marika Bellino
prepares empanadas and tostones!

Wednesday, October 9th

5:30 PM

via TEAMS

You may cook along with us or make at home later!

See reverse side for more details!

Cooking with IL

Families are invited to cook along with us
or just watch and make at a later time!

Ingredients for the beef empanadas--

- 12 Goya Empanadas wrappers thawed
- 1/2 pound I like it ground beef
- 1/2 cup chopped onion
- 2 garlic cloves minced
- Salt
- Adobo
- Sazón
- Sofrito
- 1 cup shredded Mexican Blend cheese shredded



Ingredients for the tostones--

- Green plantains
- Vegetable oil (enough for deep frying)

Ingredients for the tostones' sauce option #1

- Mayo
- Ketchup

Ingredients for tostones' sauce option #2

- Minced garlic
- Olive oil

