



Pupusas

Prep Time: 30 Min Cook Time: 10 Min Serves: 6

Ingredients:

For the Pupusas:

- 2 cups masa harina (white or yellow)
- 1 ½ - 2 cups warm water
- ½ tsp salt

For the filling:

- 1 cup beans (try our Zesty Black Bean recipe)
- 1 cup cheese

Instructions:

1. Add masa harina and salt to a large mixing bowl.
2. Add the warm water, little by little, to the bowl while mixing the dough with your hands until it forms the consistency of a soft play dough (you might not need all of the water). If it is too wet, add more masa harina.
3. Divide the dough and form into a large balls (about the size of a golf ball). Be sure to keep the dough covered with a damp cloth as you work to prevent it from drying out.
4. Pat the ball into a disc about 4 inches in diameter.
5. Scoop 1 tablespoon each of the beans and cheese into the center of the dough.
6. Gently bring the edges of the dough around the filling, pinching it closed into a closed ball. Gently pat back into a disc.
7. Heat a large non-stick skillet over medium heat. Place the pupusa on the hot skillet and cook for about 2-4 minutes on each side. It is ready to flip when the edges are set and the bottom is golden.

Fun Fact: Every second Sunday in November is National Pupusa Day in El Salvador.