

# Pupusas

**SERVINGS:** 16

## INGREDIENTS

### *Curtido*

- 2 cups cabbage, shredded
- 1 cup carrot, shredded
- 1 tbsp Mexican Oregano (sub Mediterranean)
- 1 cup hot water
- 1 cup apple cider vinegar
- 1 tsp kosher salt
- 1 tsp sugar

### *Pupusas*

- 1 tbsp vegetable oil
- 1 cup red bell pepper, diced
- 1 cup white onions, diced
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp chili powder
- ¼ tsp black pepper
- 3 cups masa harina
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- 2-3 cups warm water
- ½ cup Oaxacan cheese (sub mozzarella), shredded
- As needed, oil spray



## Tester Feedback

"I loved the flavor and the spice blend. Also it was so easy to make."

## PREPARATION

### *Curtido*

1. In a medium bowl, toss together cabbage, carrots, and Mexican oregano.
2. In a measuring cup, stir together hot water, vinegar, salt, and sugar until salt and sugar have dissolved. Pour mixture over cabbage mixture.
3. Allow mixture to cool and refrigerate for at least 4 hours, preferably overnight.

### *Pupusas*

1. Heat oil in a skillet over medium-high heat. Add peppers, onions, and spices. Stir to combine and cook, continuing to stir for 4-6 minute, until softened. Set aside for pupusa assembly.
2. In a medium bowl, whisk together masa harina, garlic powder, onion powder, and salt. Pour in warm water and use a spatula to stir until mostly combined. Then, use hands to knead mixture until very soft dough forms and masa harina is fully hydrated.
3. Portion dough into ¼ cup balls (or use a 2 oz ice cream scoop).
4. Lightly oil hands with vegetable oil. Gently flatten one dough ball into a roughly ½ inch thick disc. Place 2 teaspoons of cheese and 1 tablespoon of veggie filling in center of disc. Wrap dough around cheese/filling. Pinch the edges completely so the filling is sealed in, then gently flatten into a disc that is roughly ¼ inch and 4-inch diameter. Repeat with remaining dough.
5. Heat a cast iron skillet over medium-high heat. Spray pan with oil spray and add 2-3 pupusas and cook for 4-6 minutes per side, or until golden brown. Serve pupusas with curtido and other desired toppings.

## Suggested Toppings

- Avocado
- Salsa verde or rojo
- Queso fresco
- Cilantro



## Recipe Facts

per serving



\$0.57



1 1/4 oz-equivalent grain



1/2 c vegetables