



# Bean and Cheese Pupusas

Prep time: 30 min  
Cook time: 30 min  
Makes 12-15 pupusas

## INGREDIENTS

- 2 tbsp canola or vegetable oil
- 1/2 cup white onion, chopped
- 1 tsp salt
- 2 garlic cloves, minced OR 1 heaping tsp minced garlic
- Optional: 3 tbsp canned mild diced green chilies
- 2 cans black beans (do not drain)
- 3-4 cups grated Monterey Jack or mozzarella cheese
- 4 cups masa harina de maíz (instant corn masa flour)
- 2 tsp salt
- 3 cups cold water
- Canola or vegetable oil

**Pupusas** are stuffed and pan-fried corn cakes. They are traditionally eaten in El Salvador and other Central American countries.

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Heat a skillet over medium heat. Add 2 tbsp oil to the pan. Add the onion and cook until soft, about 3-5 minutes.
2. Add the black beans and their liquid. Add the salt, garlic and chilies if using. Mash the beans with a potato masher or large fork. Cook for 7-10 minutes, until all the liquid has evaporated. Set bean mixture aside to cool. Once beans are cool, mix in grated cheese. Set aside.
3. In a large bowl, mix together the masa harina and salt. Add the water. Use your hands to mix the dough. It should feel elastic and not sticky. You may have to knead it for a few minutes.
4. Heat a large pan or a griddle to medium high heat.
5. Fill a small bowl with water. You will use it to wet your fingers each time you roll a ball of dough.
6. Take a golf-ball sized portion of dough. Roll into a ball using your palms. Use your fingers to flatten the ball onto a plate, making a round flat disc about 5 inches wide
7. Put about 2 Tbsp of the bean and cheese mixture into the middle of the disc. Fold all of the edges over the filling. Carefully pat the stuffed ball until you have a flat disc again. Make sure none of the filling is oozing out. Repeat with all of the remaining dough and filling.
8. Lightly brush the pan or griddle with oil. Place as many pupusas as you can in the pan, making sure they do not touch. Cook for 3-5 minutes until the bottoms are golden brown. Flip and cook on the other side for 3-5 minutes until golden brown. Repeat with remaining discs.
9. Serve with curtido (a cabbage slaw or relish) and salsa roja (a type of thin tomato-based salsa found at most grocery stores).