



Bean and Cheese Pupusas with Cabbage Slaw

SERVES: Hearty tasting portion for 6

Pillar(s) of Nutrition: Lean on Protein

Ingredients

Cabbage Slaw

- ½ head of **green cabbage**, finely chopped
- ½ teaspoon kosher salt
- 1 **carrot**, grated
- ½ **onion**, finely chopped
- ¼ cup **apple cider vinegar**
- 2 teaspoons **dried oregano**
- ½ pickled **jalapeño pepper**, diced (optional)

Pupusas

- 2 cups **masa harina**
- 2 Tablespoons + 1 teaspoon softened **butter**
- 2 cups **warm water**
- 1 cup **refried beans** (black, if available)
- 2 cups **Mozzarella cheese**, grated
- **Olive oil** for cooking and for making discs

Variations to Try

- ☐ Add grated zucchini, *flor de calabaza*, and/or chopped mushrooms and to the filling
- ☐ Finish with a spicy salsa on top
- ☐ Add a little apple juice or ¼ cup chopped apple to the slaw for a sweet take

Something to Chew On

- ☐ What Central American country do pupusas come from?
- ☐ There are more than 20 different kinds of pupusas? Can you name any?
- ☐ Do you know what *flor de calabaza* is and what vegetable it comes from?

Cabbage Slaw

1. Remove the outer layer of the **cabbage** cut into quarters and finely chop the **cabbage**. Add salt and mix with your hands (you will hear the cabbage crunching); set aside.
2. Grate the **carrot** and chop the **onion** then combine them with the **cabbage** in a mixing bowl.
3. Add the **vinegar**, **dried oregano** and **jalapeno** (if using) to the bowl. Mix well and set aside to marinate.

Pupusas

4. Mix the **masa harina**, **butter**, and 2 cups of the warm **water** in a bowl until it forms a **dough** (masa). The **dough** (masa) should be very soft and hold together. Let rest for 5 minutes.
5. Scoop the **dough** (masa) out and form into 2 ounce balls. Dip your hands with **oil** (to prevent the **dough** (masa) from sticking to them); flatten each ball of dough into a disc.
6. Spoon 1 Tablespoon of the **refried beans** into the center of the disc.
7. Sprinkle **mozzarella cheese** on top of the **beans**.
8. Fold the disc in half and seal the sides to make a half moon shape. Fold the ends of the half moon into the center. Flatten the filled **pupusa** gently to form a disc.
9. Heat the pan under medium heat, add a thin coat of **oil** to prevent sticking, and place the **pupusas** in a single layer (leave enough room between pupusas and cook until golden (3-4 minutes). Flip the **pupusa** to cook the other side until golden (3-4 minutes).
10. Remove the **pupusas** from the pan and serve with the **cabbage slaw** on top. Repeat with remaining **pupusas** and enjoy!