

# PUPUSAS

① Chop and grate vegetables and dress.



ZUCCHINI



CHEDDAR

② mix masa dough and make into balls.



SALT

③ Flatten ball and fill with veggies, beans, cheese.



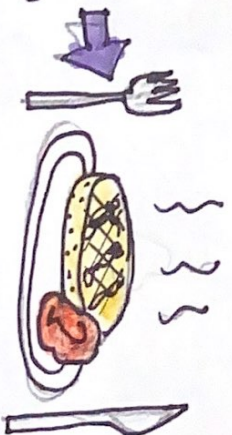
④ fold dough around veggies, flatten into pancake.



⑤ cook in skillet for 2 to 4 minutes each side



⑥ serve with Salsa!



Concrete Farm to School

# Pupusas and Salsa Roja

MAKES ABOUT 8 4" PUPUSAS



## INGREDIENTS:

- 1 mixture of masa dough (see below)
- 1 cup of shredded cheese (cheddar or mozzarella)
- 1 cup of refried beans
- Your choice of diced or shredded veggies: zucchini, onions, mushrooms, peppers, carrots, etc.
- Your choice of cooked ground or shredded meat: pork, chorizo, beef, etc.
- 1/4 cup corn kernels (optional)
- Your choice of toppings: salsa (see below), hot sauce, pickled onions, coleslaw/curtido, etc.

## DIRECTIONS:

1. Prepare your cheese, vegetables, meat, masa dough, and salsa.
2. Dip your hands into oil and warm water and then separate the dough into golf-ball sized balls.
3. Flatten each ball and fill with a small amount of meat, veggies, beans, and/or cheese.
4. Fold the edges and pinch to close the dough around the fillings. Gently pat the dough back down to form a pancake.
5. Heat a dry skillet over medium heat. Cook the pupusas for 2-4 minutes each side.
6. Serve hot with toppings of your choice, we recommend salsa, hot sauce, and curtido.

## MASA DOUGH

### INGREDIENTS:

- 2 cups masa harina
- 1 tsp salt
- 1 2/3 to 2 cups hot water

### DIRECTIONS:

In bowl, mix salt into masa. Slowly pour hot water into dough and mix. Dough should be firm and springy when touched, not dry, crumbly or sticky. Optional: let dough rest on warm counter for 30 minutes—this may help it stick together better!

*Important: do not use corn flour or corn meal!*

## SALSA ROJA

*Makes about 1 cup*

### INGREDIENTS:

- 1/2 can diced tomatoes or 1 fresh tomato
- 1 clove garlic, minced
- 1 green onion, minced
- 1/2 lime, juiced
- 1/4 bunch cilantro, chopped
- 1 Tbsp of diced jalapeños, or more to taste
- Salt and pepper to taste

### DIRECTIONS:

*Prepare all ingredients and mix well in a bowl.*