

# Salvadoran Black Bean & Cheese Pupusas

*with Cabbage & Radish Curtido*

Pupusas, a hallmark of traditional Salvadoran cuisine, are thick, handmade corn tortillas stuffed with beans, cheeses and other savory ingredients. Popular in El Salvador for centuries, pupusas made their way to the U.S. in the 1980s, and here they've been enjoyed ever since. We're making ours with queso Oaxaca, a deliciously stringy, semi-hard cheese, and beans seasoned with onion, cilantro and traditional spices. As per custom, we're shaping and filling the tortillas ourselves—so get ready for some hands-on action!



## Ingredients

- 1 Cup Instant Masa Harina
- 1½ Cups Black Beans
- 8 Ounces Green Cabbage
- 2 Ounces Radishes
- 1 Lime
- 1 Red Onion
- 1 Large Bunch Cilantro

## Knick Knacks

- 2 Ounces Queso Oaxaca
- 2 Tablespoons Sugar
- 2 Teaspoons Pupusa Spice Blend  
(Ancho Chile Powder, Chipotle Chile Powder, Ground Cumin & Garlic Powder)

Makes 2 Servings

About 665 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



### Prepare the ingredients:

Wash and dry the fresh produce. Drain and rinse the beans; transfer to a medium bowl and mash with a fork. Remove and discard the cabbage core; thinly slice the leaves. Cut the radishes into matchsticks. Quarter the lime. Peel and halve the onion; thinly slice one half and small dice the other. Pick the cilantro leaves off the stems; mince the stems and keep the leaves whole. Grate the Oaxaca cheese.

2



### Cook the beans:

In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **diced onion**, **cilantro stems** and **spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **mashed beans** and  $\frac{1}{4}$  **cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until thickened. Set aside to cool.

3



### Make the radish curtido:

While the beans cook, in a large bowl, combine the **cabbage**, **radishes**, **sugar**, **as much of the sliced onion as you'd like** and **the juice of all 4 lime wedges**. Drizzle with olive oil and stir to thoroughly combine. Season with salt and pepper to taste. Set aside.

4



### Make the pupusas:

In a large bowl, combine the **masa harina** and  $\frac{3}{4}$  **cup of water**; season with salt and pepper. (The dough should be slightly damp and easy to shape. If it seems too dry, add up to an additional  $\frac{1}{4}$  cup of water.) Using wet hands, divide the mixture into 4 equal-sized balls; carefully flatten into rounds, each about 5 inches in diameter. Divide the **cooked beans** between the centers of 2 of the rounds; spread into an even layer, leaving a small border around the edge of each (you may have extra beans). Top with the **Oaxaca cheese** and remaining dough rounds. Using your hands, carefully press down to seal the edges of the pupusas around the filling.

5



### Cook the pupusas:

In a large pan (nonstick, if you have one), heat a thin layer of olive oil on medium-high until hot. Carefully add the **pupusas**. Cook, gently pressing down to ensure even browning, 4 to 6 minutes per side, or until golden brown and cooked through. Transfer to a clean, dry work surface.

6



### Plate your dish:

Carefully slice the **pupusas** in half. Divide the sliced pupusas and **radish curtido** between 2 dishes. Garnish with the **cilantro leaves**. Serve with **any remaining cooked beans** on the side. Enjoy!