



Pupusas



makes 10



15 mins

INGREDIENTS

- 2 cups corn flour (**not** corn starch)
- 1 ½ cups warm water
- 1 cup shredded Monterey Jack or Mozzarella cheese
- ½ cup refried beans
- ½ tsp salt

DIRECTIONS

- Mix the corn flour, salt, and warm water until a soft, non-stick dough forms. If it's too dry, add a splash of water.
- Divide the dough into 10 balls.
- Using your thumb, make a hole in the center of a ball to form a small cup.
- Place a teaspoon of beans and a tablespoon of cheese inside.
- Carefully fold the dough over the filling to seal it, then gently flatten it into a 4-inch disc.
- Cook on a lightly greased griddle or non-stick skillet over medium-high heat for about 4–5 minutes per side until they're lightly browned and the cheese is melty.

NOTE: Can also use cooked meats as stuffing as well.