



## INGREDIENTS

- 264 Grams Masa Harina (corn flour)
- 1½ Cups Warm Water
- 8 Ounces Refried Beans
- 8 Ounces Cooked Pork (finely chopped or shredded)
- 12 Ounces Shredded Mozzarella Cheese (or quesoillo if available)
- ½ Teaspoon Salt
- Cooking Oil

## DIRECTIONS

1. In a large mixing bowl, combine masa harina and salt. Gradually add warm water while mixing with your hands until a soft dough forms that is not sticky but pliable. Let it rest for 10 minutes.
2. Divide the dough into 8 equal portions and roll each into a ball.
3. Flatten one dough ball into a thick disc, about ¼ inch thick, using your palms or a tortilla press lined with plastic.
4. Spread about 2 tablespoons of refried beans on the center of the disc, followed by 2 tablespoons of cooked pork and 2 tablespoons of shredded cheese.
5. Carefully fold the edges of the dough over the filling and pinch to seal completely.
6. Gently flatten the stuffed ball into a thick disc, roughly ½ inch thick, being careful not to break the dough and spill the filling.
7. Heat a griddle or non-stick skillet over medium heat and lightly grease with oil or shortening.
8. Cook each pupusa for about 4–5 minutes per side until golden brown and slightly crispy on the outside, and the cheese inside has melted.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

## MEAL TYPE

-  Lunch/Supper

## YIELD

8 Pupusas

## PORTION SIZES

- Toddler:** ½ Pupusa
- Preschool:** ¾ Pupusa
- School Age:** 1 Pupusa
- Adult:** 1 Pupusa