

Pupusas Revueltas

This recipe is loaded with flavor! Enjoy these pupusas with *curtido* (cabbage salad).

Makes: 12 pupusas

Ingredients

- 16 ounces chicken breast, ground
- 1 tablespoon oil
- ½ small onion, finely diced
- 1 garlic clove, minced
- 1 medium green pepper, minced
- 1 small tomato, finely chopped
- ½ teaspoon salt
- 8 ounces mozzarella, grated
- 5 cups masa harina (corn flour, instant)
- 6 cups water



Directions

1. Heat oil in a skillet over low heat. When the pan is warm, sauté chicken until it turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, tomato, and salt. Cook until chicken mixture is cooked through. Place the chicken in a bowl in the refrigerator to cool until step 4.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.

5. Divide the dough into 24 portions.
6. With your hands, roll the dough into balls and flatten each ball into a ½ inch thick circle about 3-4 inches in diameter.
7. Spread a spoonful of the chicken mixture on top of the dough round. Add a second dough round on top and press the edges together.
8. In a very hot, iron skillet, cook the pupusas on each side until golden brown.
9. Serve hot.

Recipe from: *Delicious Heart-Healthy Latino Recipes/ Platillos Latinos Sabrosos y Saludables*, US Department of Health and Human Services, National Heart, Lung, and Blood Institute, adapted by the USDA Food and Nutrition Administration.

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