

# Bean and Cheese Pupusas

Originating from El Salvador, pupusas are corn cakes stuffed with different kinds of delicious fillings. These pupusas are stuffed with warm, melty beans and cheese wrapped inside masa dough and served with curtido cabbage slaw.



**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
 Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

**Preparation Time:** 1 hour  
**Cook Time:** 12 minutes

**NSLP/SBP crediting information:**

1 pupusa and ½ cup curtido (4 oz spoodle) provides  
*Crediting legumes as vegetables:* ⅛ cup additional vegetable, ⅛ cup beans and peas (legumes) vegetables, ¼ cup starchy vegetable, ⅝ cup other vegetable, ¾ oz equivalent meats/meat alternates, 1 ½ oz equivalent grains.

**Or**

*Crediting legumes as Meats/Meat Alternates:* ⅛ cup additional vegetable, ¼ cup starchy vegetable, ⅝ cup other vegetable, 1 ¾ oz equivalent meats/meat alternates, 1 ½ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pupusas					
Harina de maiz, enriched	3 lb	2 qt 3 ½ cups 2 tsp	6 lb	1 gal 1 qt 3 ¼ cups	1. Place harina de maiz and potato flakes in the mixing bowl of an electric mixer fitted with a paddle attachment.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Potato flakes	1 lb 3/10 oz	2 qt 1 cup	2 lb 7/10 oz	4 qt 2 cups	
Water	9 lb 2 3/10 oz	1 gal 2 cups	18 lb 4 3/10 oz	2 gal 1 qt	<p><b>2.</b> Pour water over maiz and potato flakes and mix with the paddle attachment until well combined and the dough sticks together.</p> <p>For 50 servings, mix for 2-3 minutes.</p> <p>For 100 servings, mix for 3-5 minutes.</p>
Mozzarella cheese, part-skim, shredded	3 lb	3 qt 1 1/3 cups 2 1/4 Tbsp	6 lb	1 gal 2 qt 3 cups	<p><b>3.</b> Add mozzarella cheese, black beans, garlic powder, onion, jalapeno, and salt to the bowl of a food processor and blend until smooth.</p> <p><b>4.</b> Preheat combi oven to 500 °F.</p>
Black beans, canned, low sodium, rinsed and drained	4 lb 5 oz	2 qt 3 1/2 cups 2 tsp	8 lb 10 oz	1 gal 1 qt 3 1/4 cups	<p><b>5.</b> Gather the masa/potato flake mixture and the bean/cheese mixture at the same workstation to start assembling the pupusas.</p>
Garlic powder		3 Tbsp		1/3 cup 2 Tbsp	<p><b>6.</b> Spray each sheet pan with nonstick spray.</p> <p>For 50 servings, use 5 full-size sheet pans.</p> <p>For 100 servings, use 9 full-size sheet pans.</p>
*Onion, fresh, mature, roughly chopped	6 oz	1 1/2 cups	12 oz	3 cups	<p><b>7.</b> Using a scale, weigh 4 oz of masa dough and use hands to flatten into a pancake by transferring the dough back and forth between flattened hands. Set flattened masa dough aside for use in next step.</p>
*Jalapeno, fresh, seeded and diced		1/2 cup		1 cup	<p><b>8.</b> Using a scale, weigh 2 oz of the bean/cheese mixture and roll into a ball. Place the ball in the center of the masa dough pancake.</p>
Salt, table		1 tsp		2 tsp	<p><b>9.</b> Fold the masa dough pancake over the bean/cheese ball and roll entire mixture into a ball with the masa dough around the outside of the ball and the bean/cheese mixture on the inside.</p> <p><b>10.</b> Use hands to gently flatten the dough ball into a 5-inch</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>pancake by transferring dough back and forth between flattened hands.</p> <p><b>11.</b> Place pupusa on an oiled sheet pan, fitting 12 pupusas per pan.</p> <p><b>12.</b> Repeat steps 7 through 11 until all masa dough and bean/cheese mixture is used.</p> <p><b>13.</b> Spray tops of pupusas with nonstick spray.</p> <p><b>14.</b> Bake pupusas in a combi oven at 500 °F. Combi oven: combination steam/convection at 500 °F for 7 minutes. Remove pan, flip each pupusa over, and cook for an additional 5 minutes. <b>Critical Control Point:</b> Cook pupusas to internal temperature of 135 °F for at least 15 seconds.</p> <p><b>15.</b> Cover sheet pans with foil and hold for hot service at 135 °F until ready to serve.</p>
<b>Curtido/Cabbage Slaw</b>					
*Green cabbage, shredded or thinly sliced	4 lb	1 gal 2 qt 1 cup	8 lb	3 gal 2 cups	<b>16.</b> Combine shredded cabbage and carrots in a 4-inch full-size hotel pan (12" x 20" x 4").
*Carrots, shredded	1 lb 4 oz	2 qt	2 lb 8 oz	4 qt	
Warm water, approximately 120 °F	29 lb	3 gal 2 qt	58 lb	7 gal	<b>17.</b> Pour warm water over the cabbage mixture and let sit for 5 minutes.
White vinegar	3 lb 4 oz	1 qt 2 cups	6 lb 8 oz	3 qt	<b>18.</b> Drain the cabbage mixture using a colander. Return cabbage and carrots to the hotel pan.
Whole leaf oregano, dried		1 Tbsp 1 tsp		2 Tbsp 1 ¾ tsp	<b>19.</b> Add vinegar and oregano to the cabbage mixture and mix well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>Critical Control Point:</b> Cover and refrigerate at 41 °F or lower until ready to serve.</p> <p><b>20.</b> Serve 1 pupusa with ½ cup curtido/cabbage slaw.</p>



**BEAN AND CHEESE PUPUSA  
NUTRITION INFORMATION**

For 1 pupusa and ½ cup (4 oz) curtido

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>247</b>
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<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	4 g
Cholesterol	19 mg
<b>Sodium</b>	<b>309 mg</b>
<b>Total Carbohydrates</b>	<b>34 g</b>
Dietary Fiber Total	6 g
Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>12 g</b>
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Vitamin A	674 mcg RAE
Vitamin C	16 mg
Vitamin D	5 IU
Calcium	269 mg
Iron	3 mg
Potassium	228 mg

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Peppers, fresh, jalapeno, whole with stem	2 oz	4 oz
Onions, mature, fresh, all sizes, whole	14 oz	1 lb 12 oz
Carrots, fresh, without tops	1 lb 9 oz	3 lb 2 oz
Cabbage, fresh, green, untrimmed, whole	4 lb 10 oz	9 lb 4 oz

<b>NOTES</b>
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking process #2: Same Day Service

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
50 pupusas About 1 gal 2 qt 1 cup curtido	100 pupusas About 4 gal 2 cups curtido

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

