**Bean and Cheese Pupusas**

**For the Beans:**

1 tablespoon [olive oil](http://www.foodterms.com/encyclopedia/olive-oil/index.html)

1/2 medium onion, diced

2 [cloves garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), minced

1 teaspoon ancho [chili powder](http://www.foodterms.com/encyclopedia/chili-powder/index.html), or other chili powder

1 (15-ounce) can [pinto beans](http://www.foodterms.com/encyclopedia/pinto-bean/index.html), preferably low-sodium, drained and rinsed

2/3 cup vegetable stock

Salt and pepper

2 tablespoons chopped fresh cilantro leaves

Heat the oil in a large skillet over medium heat. Add the onion and cook until tender, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and vegetable broth and cook until the beans are warmed through, about 5 minutes. Mash the beans coarsely with the back of a wooden spoon. Season with salt and pepper, to taste. Stir in the cilantro.

**For the Curtito**

1/2 head green cabbage, chopped
1 small carrot, grated
1/2 small onion, thinly sliced
1/4 teaspoon dried red pepper (optional)
1/4 teaspoon oregano
1/2 teaspoon olive oil
1/2 teaspoon salt
1/2 teaspoon brown sugar
1/4 cup cider vinegar
1/4 cup water

Blanch the cabbage with boiling water for 1 minute. Discard the water. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water. Place in the refrigerator for at least 2 hours before serving. Serve with Pupusas Revueltas.

**For the Pupusa Dough:**

Masa harina -- 2 cups

Warm water -- 1 cup

Filling (see variations) -- 1 cup

In a large bowl, mix together the masa harina and water and knead well. Knead in more water, one tablespoonful at a time if needed, to make a moist, yet firm dough. (It should not crack at the edges when you press down on it.) Cover and set aside to rest for 5 to 10 minutes.

Roll the dough into a log and cut it into 8 equal portions. Roll each portion into a ball.

Press an indentation in each ball with your thumb. Put about 1 tablespoon of desired filling into each indentation and fold the dough over to completely enclose it. Press the ball out with your palms to form a disc, taking care that that the filling doesn't spill out.

Heat a greased skillet over medium-high flame. Cook each pupusa for about 1 to 2 minutes on each side, until lightly browned and blistered. Remove to a plate and hold warm until all pupusas are done. Serve with [curtido](http://www.whats4eats.com/salads/curtido-recipe) and [salsa roja](http://www.whats4eats.com/sauces/salsa-roja-recipe).

**For the Salsa Roja:**

3 Tbsp. Olive oil

1/4 of an onion, chopped

1 clove garlic, chopped

1/2 a jalepeno, chopped

2 cups chopped tomatoes

2 tsp. Dried oregano

Salt and pepper to taste

1/4 cup cilantro, chopped

Heat the oil in a saucepan over medium flame. Add the onion, garlic and chile and sauté for 2 to 3 minutes, or until the onion is translucent.

Stir in the tomatoes and oregano and simmer for about 10 minutes. Remove from heat and cool a bit.

Puree the tomato sauce in a blender until smooth, adding a little water if needed. Add salt and pepper to taste, stir in cilantro if using and serve.