

Pupusas

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-refried-red-beans-recipe>

Ingredients:

- 3 tablespoons vegetable oil or other high heat oil like avocado oil
- 1/2 medium white onion minced
- 15 ounces refried red beans
- 4 ounces queso fresco grated, about 1 cup
- 3 cups corn masa flour Bob's Red Mill recommended
- 3 teaspoons kosher salt
- 2 1/2 cups hot water
- 2 tablespoons olive oil
- 2 tablespoons warm water

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 10 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1150 milligrams
9. Sugar: 1 grams

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