

Beef Pupusas & Curtido Slaw

LISA HUFF, Iowa

Total Recipe Time: 50 to 70 minutes

Marinade Time: 6 hours or overnight

Makes 6 servings

1½ pounds beef flank steak
¼ cup fresh cilantro, chopped (optional)

Marinade

¾ cup fresh cilantro, chopped
½ cup chopped fresh mango
½ cup chopped fresh pineapple
½ cup fresh lime juice
½ cup olive oil
2 tablespoons achiote paste
2 cloves garlic, chopped
¼ teaspoon pepper

Slaw

1 package (16 ounces) coleslaw mix
(about 7½ cups)
1 small red onion, thinly sliced
1½ cups chopped fresh mangoes
1½ cups chopped fresh pineapple

Pupusas

2 cups instant corn masa
1½ cups warm water, divided
½ teaspoon salt
¼ teaspoon pepper
1 cup shredded
Monterey Jack cheese

Nutrition information per serving:

543 calories; 23 g fat (8 g saturated fat; 11 g monounsaturated fat); 58 mg cholesterol; 446 mg sodium; 53 g carbohydrate; 8 g fiber; 34 g protein; 11.3 mg niacin; 0.9 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 5.1 mg iron; 36.3 mcg selenium; 5.9 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

1. Place Marinade ingredients in food processor or blender container. Cover; process until almost smooth. Cover and refrigerate ¾ cup for dressing; cover and refrigerate. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine Slaw ingredients and reserved ¾ cup marinade in large bowl; toss to coat. Season with salt, as desired. Cover and refrigerate until ready to serve.
3. Prepare Pupusas. Combine corn masa, 1¼ cups water, salt and pepper in large bowl until soft dough forms. Gradually add more water, if necessary. Divide dough into 6 equal balls. Make indentation in center of each ball; fill with about 2½ tablespoons cheese. Push dough up and around cheese to completely enclose. Flatten balls with hands or rolling pin into 5½ to 6-inch discs, making sure dough stays sealed. Cover with damp paper towels until ready to cook. Spray large skillet or griddle with nonstick cooking spray; heat over medium-high heat until hot. Place pupusas in skillet in batches; cook 2 to 4 minutes or until lightly browned, turning once. Keep warm.
4. Meanwhile, remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Remove; let stand 5 to 10 minutes. Carve steak across the grain into thin slices. Season with salt, as desired.
5. Place 1 pupusa on each serving plate. Top with slaw and beef. Garnish with cilantro, if desired.

