



CURATED KIT

RECIPES+INGREDIENTS



Cooking Arroz Mamposteo and Pupusas will bring new foods and flavors to your home while celebrating the vast impact of **Latino culture on food!** These recipes will allow you to create a **unique and delicious** meal to feed four! Tune into **Omaha Performing Arts' Facebook or YouTube page** on Sunday, December 11th, at 4:00 p.m. to watch the cook-along video together!

Learn more about Voices AMPLIFIED! at o-pa.org/vamp

MEET YOUR CHEFS

A Note From Chef Meya Hill

"Cooking is universal, and it's important to keep heritage alive. It's important to remember those special dishes you may have learned from your Grandmother. Keep those memories alive and keep passing those wonderful dishes around! Thank you for tuning in for Abuela's Kitchen today, and I hope you enjoy cooking these simple recipes!"



MEYA HILL

No More Empty Pots



MARIA VALENTIN

No More Empty Pots

ARROZ MAMPOSTEAO

INGREDIENTS

- 2 Cups Cooked White Rice
- 1 Cup Red Bean
- 1 Green or Red Bell Pepper
- 1 Small Onion
- 2 Garlic Cloves
- Handful Fresh Cilantro
- 3 Scallions
- 3 Tablespoons Oil
- 1 Tablespoon Smoked Paprika
- 1 teaspoon Adobe Seasoning
- 1 teaspoon Cumin
- 1 teaspoon Oregano
- 1/2 teaspoon Black Pepper
- 1/2 Cup Tomato Sauce
- Salt to Taste

DIRECTIONS

1. Rinse and chop all the vegetables.
2. Add oil to pan and let heat up.
3. Add the onions and peppers to the skillet and sauté until onions are translucent.
4. While the onions are cooking, add the stewed beans "habichuelas guisadas".
5. Add the white rice to the skillet and start mixing together.
6. Add the sofrito (tomato sauce, vegetables and herbs) for "Razzle Dazzle"! Add salt to taste.
7. Please remember this is your recipe and add more or less seasoning to accommodate your preferred taste!
8. Continue mixing the rice with the beans until all the rice grains are fully coated and all ingredients are well combined.
9. Let sit for 5-10 minutes.
10. Top with the cilantro and stir well to combine.

SHREDDED CABBAGE "CURTIDO"

INGREDIENTS

Small Head of Cabbage
1 Large White Onion
Salt to Taste
2 Tablespoons Oregano
1 Cup of White Vinegar

DIRECTIONS

1. Shred cabbage very thing in long strips.
2. Chop a large white onion.
3. Boil water with salt, oregano and onion.
4. Add the hot water with the spices to the shredded to cabbage.
5. Soak cabbage for 5 minutes.
6. Discard the water and add white vinegar.

PUPUSAS SAUCE

INGREDIENTS

8 Big Tomatoes
1 White Onion
6-8 Cloves of Garlic
1 Large Chile Verde Pepper
1 Large Spoon of Vegetable
Bouillon Powder

DIRECTIONS

1. Blend all the ingredients.
2. Heat pan with a big spoon of olive oil.
3. Add the ingredients and cook at medium heat for 10 minutes.
4. Let the mix come to room temperature.

PUPUSAS

INGREDIENTS

Spinach Filling

2 Bags of Fresh Spinach
7 Small Romano Tomatoes
5 Pounds Mozzarella Cheese
1 White Onion
Salt and Pepper to Taste

Dough "Masa"

2 Pounds Masa for Masa
"Maceca Brand"
Salt to Taste

DIRECTIONS

1. For the spinach filling, chop very spinach fine and short.
2. Chop onion and tomatoes.
3. Mix all ingredients well using your hands.
4. After mixing well, squeeze mix to eliminate extra liquid.
5. For the dough or "masa", mix masa with warm water using your hands till the dough is nice and soft to be able to form a small ball.
6. Let it rest for a few minutes before start making the pupusas.
7. Put oil in pan, skillet, cast iron, or griddle.
8. Place oil on hands, and grab a small amount of Masa mixture in hand and flatten.
9. Make a divot to add a small amount of spinach mixture to the middle of the pupusas.
10. Flatten down to make a circular cake and place in the skillet.
11. Cook until golden brown and you see the pupusas swell, then flip and repeat.
12. When done take off and serve with Curtido and sauce.

ABOUT NO MORE EMPTY POTS

No More Empty Pots is a 501(c)(3) organization founded in 2010 that connects individuals and groups to improve self-sufficiency, regional food security and economic resilience of urban and rural communities through advocacy and action. Learn more at www.nmepomaha.org.