



CURTIDO

Pupusas were first created by the Pibil tribes of El Salvador thousands of years ago. Following a traditional family recipe, our Pupusas are full of delicious and fresh ingredients. We pack them with a combination of rich flavors, perfect for everyone to enjoy.

INGREDIENTS

- 1 package Del Real Foods® Pupusas
- ½ Head Cabbage, shredded
- 2 Carrots, shredded
- 4 Cups boiling water
- ½ Cup Purple Onion Slices
- ½ Cup White Vinegar
- 1 Jalapeño or Serrano Chile Pepper, minced
- ½ Teaspoon Dried Oregano
- ½ Teaspoon Salt



12

Minutes
Prep Time



15

Minutes
Cook Time



4-6

Servings

PREPARATION

1. Heat the Del Real Foods® Pupusas by following the instructions on the package.
2. Place the cabbage in a large heat-proof bowl. Pour the boiling water into the bowl to cover the cabbage; set aside for about 5 minutes.
3. Drain in a colander, pressing out as much liquid as possible.
4. Return the cabbage to the bowl, add carrots, onions, vinegar, jalapeño, oregano, and salt. Toss all the ingredients together.
5. Let set at room temperature for a couple hours. Then chill and serve as an accompaniment to Del Real Foods® Pupusas.