

## Arepas

Arepas are a staple in Latin America and are especially popular in Colombia and Venezuela. They are a gluten-free griddle cake made from masarepa, which is a precooked cornmeal. They're crispy on the outside but tender and slightly doughy on the inside. You can top these little cakes with beans, guacamole, or even salsa. You can also slice them and stuff them with scrambled tofu, jackfruit, veggie taco fillings, or your favorite plant-based stuffing.

**Prep time: 15 minutes**

**Cook time: 20 minutes**

**Yield: 8-10 arepas**

### Ingredients :

- ▶ 2 cups warm water
- ▶ ½ teaspoon sea salt (optional)
- ▶ 2 cups Masarepa flour (I use Harina PAN or Goya Masarepa. Do not confuse this with cornmeal or masa harina)

### Directions

**1.** To a large mixing bowl, add the water and sea salt. Stir to dissolve the salt.

**2.** A little at a time, add the Masarepa flour and stir with a whisk or your hands. Work your way up to the two cups because you may not need to use the entire 2 cups. Your final dough will not stick to your hands and is moldable and moist (much like play dough).

Once you have that consistency, allow it to rest for 8-10 minutes.

**3.** Using your hands, scoop out fist-size portions of dough and roll into a ball. You can make these as big or small as you prefer. Carefully press each ball between the palms of your hands to form ½ inch thick discs.



**4.** Heat a large nonstick pan over medium-high heat. Then add arepas and cook for 2-3 minutes or until a deep golden brown is achieved. Flip and cook for 2-3 more minutes or until browned. Transfer them to a pre-heated 375°F oven and bake for 15 minutes or until they are slightly more browned in color. Allow them to cool slightly and serve warm.

### Tips & Hints

Many mainstream grocery stores carry Masarepa flour (**Harina PAN or Goya brand**).

It's important to note that Masarepa flour is different than masa harina which is used to make corn tortillas.

Make sure you have the correct flour for arepas because it will make a significant difference in the final outcome of your arepas.

## Savory Black Beans

**Prep time: 5-10 minutes**

**Cook time: 10 minutes**

**Yield: 4 servings**

### Ingredients :

- ▶ 1 onion, diced
- ▶ 1 poblano pepper, seeded and diced
- ▶ 2-15 ounce cans black beans, drained and rinsed
- ▶ 1 cup salsa (medium or mild)
- ▶ 1 tablespoon chili powder
- ▶ 1/2 teaspoon ground cumin
- ▶ 1 teaspoons garlic powder
- ▶ 1 teaspoon smoked paprika
- ▶ 1/8 teaspoon red pepper flakes (optional)
- ▶ 1/2 teaspoon sea salt, or to taste
- ▶ 1 lime juiced and zested

### Garnish

- ▶ 2 avocados
- ▶ 1/2 cup cilantro, chopped



## Directions

In a large skillet over medium-high heat, sauté the onions and poblano pepper using small amounts of water to prevent sticking. Cook until tender. Add the black beans and remaining ingredients to the skillet and continue cooking on low heat for 5-10 minutes. Using a potato masher, partially mash the black beans until you have the consistency you prefer. Serve the black beans inside a warm arepa with avocado slices and cilantro.

# Arepas with Savory Black Beans Grocery List

## Produce

- ▶ 1 onion (any variety)
- ▶ 1 poblano pepper
- ▶ 2 avocados
- ▶ 1 lime
- ▶ 1 bunch cilantro

## Baking & Spices

- ▶ 2 cups Masarepa flour (I use Harina PAN or Goya Masarepa. Do not confuse this with cornmeal or masa harina)
- ▶ 1 tablespoon chili powder
- ▶ 1/2 teaspoon ground cumin
- ▶ 1 teaspoons garlic powder
- ▶ 1 teaspoon smoked paprika
- ▶ 1/8 teaspoon red pepper flakes
- ▶ Salt

## Canned and Jarred Goods

- ▶ 2-15 ounce cans black beans
- ▶ 1 cup salsa (mild or medium)



