

Sopes

A sope is a traditional Mexican dish consisting of a masa base with savory toppings.

Makes: 4 servings

Source:
<https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Sopes.aspx>

Ingredients

- Nonstick cooking spray
- 1 cup masa harina (corn flour)
- ½ teaspoon baking powder
- 1 cup canned chicken broth
- ¼ cup chopped red onion
- ½ cup roasted, peeled, seeded, and chopped poblano peppers (about 2 medium peppers)
- 1 cup diced tomato
- 2 tablespoons chorizo
- ⅓ cup canned fat free refried beans
- ¼ cup Queso Fresco cheese

Directions

1. Preheat oven to 425°F, and line a baking sheet with foil and set aside.
2. Stir together masa and baking powder; then stir in chicken broth, adding a little more broth if dough is too dry. (It should be very moist, but not sticky)
3. Quickly shape dough into four circles that are 3-inches wide with a ½-inch rim. Place on baking sheet.
4. Spray the dough heavily with nonstick cooking spray. Bake for 30 minutes. Remove pan from oven and spray two or three times more during cooking to make them crisp.
5. While sopes are cooking, spray a small skillet with nonstick cooking spray and place over medium-high heat. Add onion and cook for a few minutes, stirring frequently.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 sope	
Nutrients	Amount
Calories:	190
Total Fat:	5 g
Saturated Fat:	1.5 g
Cholesterol:	10 mg
Sodium:	470 mg
Total Carbohydrates:	30 g
Dietary Fiber:	5 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	8 g

Utensils Needed

- Baking Sheet
- Medium Bowl
- Measuring Cups
- Measuring Spoons

DIRECTIONS CONTINUED

6. Stir in peppers, tomato, and chorizo and cook for 5 more minutes.
7. Spoon a heaping tablespoon of beans onto each sope then top with equal amounts of vegetable mixture. Sprinkle each with a tablespoon of cheese and bake for 5 more minutes.

SHOPPING LIST









Average total cost without oil and seasonings: \$21.88

Average cost/serving: \$5.47

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Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Corn Flour	<input type="checkbox"/>		Add 1 to Cart Diced Tomatoes (15 oz. can)
<input type="checkbox"/>		Add 1 to Cart Chicken Broth (15 oz. can)	<input type="checkbox"/>		Add 1 to Cart Chorizo (2 oz.)
<input type="checkbox"/>		Add 1 to Cart Red Onion	<input type="checkbox"/>		Add 1 to Cart Refried Beans, fat-free (1 can)
<input type="checkbox"/>		Add 2 to Cart Poblano Peppers, Medium	<input type="checkbox"/>		Add 1 to Cart Queso Fresco Cheese

SAVE TIME, SAVE MONEY

Chef's Tips

- Consider using low sodium chicken broth and diced tomatoes.

Similar Recipes

- Save money by reusing some of these ingredients in other recipes found on snapedny.org, such as:
 - Pupusas Revueltas
 - Huevos Rancheros

My Cooking Notes

