



**Nutrition
information
per serving:**

Calories
190

Carbohydrate
30 g

Dietary Fiber
5 g

Protein
8 g

Total Fat
5 g

Saturated Fat
1.5 g

Trans Fat
0 g

Cholesterol
10 mg

Sodium
470 mg



Sopes

Make sopes a meal by serving them with Mexican Vegetable Rice (page 41).

Makes 4 servings. *1 sope per serving.* | **Prep time:** 20 minutes | **Cook time:** 45 minutes

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.
 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.
 8. Serve immediately.
- 1 cup masa harina (corn flour)**
 - ½ teaspoon baking powder**
 - 1 cup canned chicken broth**
 - Nonstick cooking spray**
 - 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**

