

TOSTITOS®

Barbacoa Arepas

INGREDIENTS

- 1 arepa
- 1 1/2 tbsp refried black beans
- 2 tbsp barbacoa (recipe below)
- 1 tbsp crumbled queso fresco
- 2 slices avocado
- Mexican crema
- TOSTITOS® Chunky Habanero Salsa HOT
- [title]AREPAS:
- 1 tsp kosher salt
- 2 cups precooked white cornmeal arepa flour, plus more as needed
- 1 tsp vegetable oil, divided, plus more as needed
- [title]BARBACOA:
- 1 lb 3 inch cubes chuck roast
- 1 tbsp vegetable oil
- 1 cup diced yellow onion
- 2 tbsp minced garlic
- 1 tbsp chopped chipotle in adobo
- 2 tbsp fresh lime juice
- 2 tsp apple cider vinegar
- 3/4 tsp ground cumin
- 1 pinch dried Mexican oregano
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 pinch ground clove
- 1/2 cup beef stock
- 1/2 cup TOSTITOS® Chunky Salsa Medium



PREP TIME

15min



COOK

TIME

1hr



SERVES

10

SERVINGS

FEATURING



HOW TO MAKE

DIRECTIONS

- While still warm, slice top side of arepa and open, creating a pocket.

- Fill with refried black beans, barbacoa, queso fresco, and avocado.
- Continue filling arepas until all are filled.
- Serve with Mexican crema and TOSTITOS® Habanero Salsa on the side.
- Repeat process until you make 10 Barbacoa arepas.
- AREPAS:
 - Whisk the salt and 2 1/2 cups warm water in a large bowl until salt dissolves, about 1 minute.
 - Slowly pour the arepa flour, vigorously mixing by hand as you add the flour. It will start out thin and porridge-like and quickly become a soft, thick dough when all the flour is added. Continue kneading for about 2 minutes, ensuring no lumps remain (some small ones are okay). Dough should be moist and tacky but not sticky. If it feels too sticky, add a tbsp of flour at a time, mixing well after each addition. Shape a small ball of dough into a disk—if the edges crack, the dough is too dry. Add water a tbsp at a time to adjust texture. Cover bowl tightly with a lid or plastic wrap and set aside for at least 10 minutes and up to 2 hours to fully hydrate.
 - Divide dough into 10 portions. Lightly grease your palms with vegetable oil. Flatten each dough ball into a disk about 4" across and approximately 1/3" thick. Transfer disks to a parchment-lined rimmed baking sheet. Cover tightly with plastic wrap to prevent dough from drying out as you cook arepas.
 - Heat a large nonstick or cast-iron skillet with lid over medium-high. Using a pastry brush or crumpled paper towel, coat pan with 1/2 tsp vegetable oil. Place arepas in pan 1–2 at a time (depending on how many fit), cover, and cook until underside is dry with golden brown spots, 7–9 minutes. Uncover, flip using an offset spatula, and continue to cook, uncovered, until second side is dry with pale golden spots, about 4 minutes. Arepa will sound faintly hollow when tapped.
- BARBACOA:
 - In skillet, heat the vegetable oil over high heat and brown the pieces of meat on all sides and set aside.
 - Reduce the heat and add the onion and garlic and cook about 5 minutes until golden brown.
 - Transfer to a sauce pot, add the seared beef and all remaining ingredients.
 - Cover and place in a 300°F oven for about 3 hours until extremely tender and falling apart.
 - Allow to cool for 30 minutes, then while still warm, shred the meat and return to the sauce.
 - Cover and refrigerate for up to 2 weeks. When needed, warm before use.