



Domino Beans & Cheese Arepa

GLUTEN FREE

Ingredients:

For the Arepas:

- 2 cups of **Juana**® corn meal
- 2 1/4 cups of water
- 1 tablespoon of salt

For the Filling:

- 8.8 ounces of black beans, cooked
- 8.8 ounces of white cheese, grated
- 1 tablespoon of butter

Preparación:

For the Arepas:

1. Measure the water and pour it into a bowl. Add the salt and stir until dissolved.
2. Gradually add **Juana**® corn meal while stirring to combine with the water.
3. Once all the flour is incorporated, knead the dough for 2 to 3 minutes until it becomes very soft. Cover and let it rest for 5 minutes.
4. Divide the dough into 10 portions of approximately 3 ounces each. Using your hands, shape each portion into a ball and gently flatten to form arepas about 4 inches in diameter and 1 inch thick.
5. Cook the arepas on a griddle over medium-high heat for 5 minutes on each side, or until golden and cooked through. Cover with a cloth napkin to keep warm.
6. Slice each arepa horizontally halfway through and spread a small amount of butter inside.
7. Fill each arepa with cooked black beans and grated white cheese

Makes: 10 servings