

STARTER & SNACK

South Western Sopaipillas

2 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
51 min	30 min	21 min	36	\$0.26	131 kcal



South Western Sopaipillas is a hor d'oeuvre that serves 36. For 26 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. One portion of this dish contains around 2g of protein, 9g of fat, and a total of 131 calories. This recipe from Foodnetwork has 47 fans.

Ingredients

☐ 1 teaspoon ancho chili powder	☐ 1½ teaspoons ancho chili powder
☐ 1 avocado, halved, pitted and flesh diced	☐ 1 tablespoon baking powder
☐ ½ teaspoon black pepper	☐ 15 ounce black beans, drained and rinsed canned
☐ 2 tablespoons canola oil	☐ 4 cups canola oil
☐ 4 ounce roasted green chiles (recommended: Hatch) canned	☐ 3 tablespoons chopped cilantro leaves

☐ 3 cups all-purpose flour, plus more for work surface

☐ 1 pinch Pinch salt and fresh ground black pepper

☐ 3 ounces crumbled queso fresco, about 1/2 cup

☐ 1 teaspoon salt, plus 1 teaspoon

☐ 1 cups water, room temperature

☐ 1 clove garlic, chopped

☐ 1 lime, juiced

☐ 2 Roma tomatoes, seeded and diced

☐ ¼ cup shortening

EQUIPMENT Bowl, Frying pan, Paper towels, Blender, Tongs

Method

- 1 Watch how to make this recipe.
- 2 In a large bowl sift together the flour, baking powder and 1 teaspoon of salt.
- 3 Cut in the shortening with a fork or pastry blender.
- 4 Add the water, gradually, until the dough comes together and forms a ball. Turn onto a floured surface and knead until smooth. Cover and let rest for 5 minutes. Cook's Note: The dough can also be made in a standing mixer.
- 5 Heat the canola oil in a large high-sided skillet to 350 degrees F.
- 6 In a small bowl, mix together the remaining 1 teaspoon of salt, the ancho chili powder and pepper and set aside.
- 7 Divide the dough into 4 equal portions.
- 8 Roll each portion into a square about 1/4-inch thick.
- 9 Cut each piece into 2 by 2-inch squares. Working in batches, carefully add about 6 pieces of the dough into the hot oil. Using tongs, turn the dough frequently to ensure even puffing and cooking. Fry until golden brown. They should puff up like little pillows.
- 10 Remove them from the oil and drain on a sheet pan lined with paper towels.
- 11 Sprinkle with the ancho chili mixture. Repeat with remaining pieces of dough.
- 12 Transfer the fried dough to a serving tray, top with about a tablespoon of the salsa and serve.
- 13 Combine all of the salsa ingredients into a bowl and toss to combine.

Nutrition per serving

131

KCAL

2 g

PROTEIN

9 g

FAT

11 g

CARBS

Saturated Fat	1.2 g · 8% of daily needs
Fibre	1.6 g · 6% of daily needs
Sugar	0.4 g · 0% of daily needs
Sodium	167 mg · 7% of daily needs
Cholesterol	1.6 mg · 1% of daily needs
Vitamin C	6.2 mg · 7% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/south-western-sopaipillas-147165