

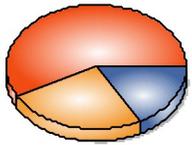


## Chicken Tamales

By: Created by DrJez LLC

Recipe grams: 1869.74g/66.0oz

Serves 6 311.62g/11.0oz per serving



Protein: 30%  
Carbohydrates: 51%  
Fat: 19%

### INGREDIENTS

1 medium ONION, RAW  
2 tbsp CHILI POWDER  
1 tsp CUMIN, GROUND  
4.5 oz GREEN CHILES, CHOPPED  
14.5 oz TOMATO, STEWED, MEXICAN RECIPE  
1/2 cup BEEF BROTH, LOWER SODIUM  
1 tsp CINNAMON, GROUND  
1 tsp CLOVES, GROUND  
2 cloves GARLIC, RAW  
3 cups CORN MASA HARINA FLOUR  
1 tbsp BUTTER W/SALT  
2 tsp CANOLA OIL  
1 cup BROTH, CHICKEN, LOW SALT, CANNED  
1 tbsp ALL PURPOSE FLOUR, UNBLEACHED  
1 lb CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY

### DIRECTIONS

To prepare filling, separate chicken meat and chop or shred into medium-small chop. Heat a large Dutch oven over medium high heat. Coat pan with cooking spray. Add onion and garlic to pan; saute 4 minutes or until onion is tender. Add chicken; saute 5 minutes, turning to brown on all sides.

Sprinkle in flour and cook, stirring constantly for about 1 minute. Stir in tomatoes, next 6 ingredients (chili powder through cloves) and  $\frac{1}{2}$  teaspoon salt or to taste; bring mixture to a boil. Cook over medium heat until liquid almost evaporates and sauce thickens.

Transfer mixture to a bowl with a slotted spoon and allow to cool. Wipe pan with paper towels.

Prepare whole cornhusks by placing in a large bowl; cover with hot water. Weigh husks down with a can and allow to soak until pliable, about 15-20 minutes. Drain husks.

To prepare dough, combine masa and 1 teaspoon salt in a large bowl. Soften butter and combine with oil; stir well and add to masa. Add broth and 1 cup water; stir until a soft dough forms.

Working with one husk at a time, place about  $\frac{1}{3}$  cup masa dough in the center of the husk; press dough into a 4 x 3-inch rectangle. Spoon about 2 tablespoons chicken mixture down one side of the dough. Using the corn husk as your guide, roll tamale up, jelly-roll style; fold bottom ends of the husk under. Tie 1 corn husk strip around tamale to secure; stand upright in a vegetable steamer. Repeat procedure with the remaining whole corn husks, masa dough, beef mixture, and corn husk strips. Steam tamales, covered, 50 minutes, or until the dough is firm. Remove tamales from vegetable steamer; let stand 5 minutes. Serve with Red Chile Sauce, if desired. Yield: 18-20 or tamales about 6 servings (serving size: 3 tamales).

Serve with corn, tomato and onion salsa.

### Nutrition Facts

Serving Size: 1 serving (311.6g)  
Servings: 1

#### Amount Per Serving

Calories 410 Calories from Fat 80

% Daily Value\*

**Total Fat** 9g **15%**

Saturated Fat 2.5g **10%**

Trans Fat 0g

**Cholesterol** 70mg **25%**

**Sodium** 440mg **20%**

**Total Carbohydrate** 53g **20%**

Dietary Fiber 7g **30%**

Sugars 5g

**Protein** 32g

Vitamin A 20%

Vitamin C 20%

Calcium 6%

Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.



Chicken Tamales

Note: for hints and assistance along with other recipes, go to:  
<http://www.fabulousfoods.com/features/tamales/tamales.html>

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