



## Chorizo Tamales

We have reduced the amount of sausage in the recipe, but amped up the flavor!

### U.S.

*For the filling:*

1 tsp	Olive oil
3 cloves	Garlic, minced
8 oz	Chorizo sausage, diced small
1/2 cup	Pinto Beans, rinsed
1 medium	Onion, diced small
1 each	Red Bell Pepper, diced small
1 Tbsp	Oregano, freshly chopped
To taste	Black Pepper
22 each	Corn Husks

### Metric

5 mL
3 cloves
226 g
56.5 g
110 g
119 g
4 g
to taste
22 each

*For the dough:*

4 cups	Masa Harina	452 g
4 tsp	Canola Oil	20 mL
1 tsp	Baking Powder	3 g
1 tsp	Chili Powder	3 g
1/2 tsp	Cumin	1.5 g
1/2 tsp	Salt	1.5 g
2 cups	Vegetable Stock	474 mL

### **Preparation:**

1. Gather all ingredients and equipment.
  2. Preheat the 350° (180°)
  3. Soak the corn husks in a bowl of warm water.
  4. In a sauté pan over medium heat, add the olive oil, peppers and onions. Stirring frequently cook for about 2 minutes, until onions become translucent
  5. Add the chorizo and garlic, then continue cooking for 5 minutes.
  6. Add in the pinto beans and slightly mash with the back of the back of the spoon. Stir to incorporate mixture, cook for another minute and remove from the heat. Drain off the extra oil and reserve for
  7. For the dough, combine all ingredients into a large bowl and add in the vegetable stock in 1/2 cup increments. Mix until the mixture clumps together and form 16-20 tablespoon sized balls.
  8. Drain the husks, pat dry, tear two into strips for ties and set up a perforated hotel pan to stack the finished tamales.
- center of the husks. Then, add tablespoon of chorizo mixture into the center of the tamale and repeat.
10. Roll the husks, so that the filling is completely enclosed and twist each end and tie each end with a strip of husk.
  11. Evenly lay them out onto the pan and cover with aluminum foil. Place the pan into the oven and steam for about 25-30 minutes. The tamales are done when the dough comes away easily from the husks.

**\*\*Nutrition Facts on Reverse** (Delete if facts fit on 1 page)

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### **Nutrition Facts**

**Serving size**

**2 each**

**Servings**

**10**

12/7/2016

<b>Calories</b>	282
Calories from Fat	90
Total Fat	10 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	16 mg
Sodium	445 mg
Carbohydrates	42 g
Dietary Fiber	7 g
Sugars	2 g
Protein	10 g
Vitamin A	49 %
Calcium	3 %
Vitamin C	27 %
Iron	1 %
Phosphorus	43 mg

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