



Bean and Cheese Tamales

 Vegetarian  Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 30 ounce black beans drained and rinsed canned
- 1 tablespoon canola oil
- 1 cup chicken broth
- 1 teaspoon chili powder
- 2 cups cornmeal
- 1 tablespoon garlic chopped
- 1 tablespoon hot sauce

- 0.5 cup monterrey jack cheese grated
- 0.5 medium onion chopped
- 8 servings salt and pepper black freshly ground
- 0.5 stick butter unsalted cold cut into cubes

Equipment

- bowl
- frying pan
- baking paper
- pot
- blender
- steamer basket

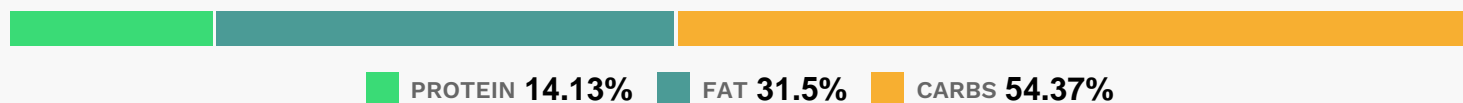
Directions

- Watch how to make this recipe.
- Put the oil into a small skillet over medium heat.
- Add the onions and cook until softened, about 5 minutes.
- Add the garlic and cook for another 30 seconds.
- Remove half and reserve it for the tamale dough.
- To the pan with the remaining onions add the beans, hot sauce, chili powder and season with salt and pepper, to taste. Stir to combine and cook until heated through, about 5 minutes. Set aside to cool slightly. (Reserve 1 cup for the Round 2 Recipe, Bean and Cheese Chalupas.)
- In a large bowl combine the cornmeal, 1 teaspoon of salt and the baking powder.
- Cut the butter into the cornmeal using a fork or a pastry blender.
- Add the broth, a little at a time, until the dough comes together.
- Mix in the reserved cooked onions and garlic
- Cut parchment paper into 8 (8 by 8-inch) squares.
- Spread 1/3 cup of the tamale dough onto the center of the paper and lightly press it into a circle. Put a heaping tablespoon of the beans on top with a tablespoon of cheese. Bring the 2 corners of the paper at the ends of the rectangle up to encase the beans and cheese with the

tamale dough. Fold the corners together a couple of times. Fold the other sides over to cover the seam and turn right side up. Continue this process with the remaining dough and filling.

- Put a steamer basket into a large pot and add enough water to come just below the basket. Cover the pot and put it over medium-low heat to bring the water to a simmer.
- Put the tamales in the steamer basket. Cover and steam the tamales until the dough is cooked through, about 1 hour, Check after 30 minutes, you may need to add more water to the pot.
- Remove the tamales from paper wrapping and serve warm.

Nutrition Facts



Properties

Glycemic Index:34.56, Glycemic Load:17.68, Inflammation Score:-6, Nutrition Score:13.337826096493%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 349.24kcal (17.46%), Fat: 12.38g (19.05%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 48.09g (16.03%), Net Carbohydrates: 36.76g (13.37%), Sugar: 1.13g (1.25%), Cholesterol: 22.06mg (7.35%), Sodium: 662.47mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (24.99%), Fiber: 11.33g (45.31%), Manganese: 0.56mg (28.03%), Phosphorus: 254.05mg (25.4%), Magnesium: 83.78mg (20.95%), Folate: 81.37µg (20.34%), Iron: 3.43mg (19.05%), Vitamin B1: 0.28mg (18.81%), Vitamin B6: 0.33mg (16.38%), Copper: 0.32mg (15.91%), Potassium: 490.83mg (14.02%), Zinc: 2.08mg (13.88%), Calcium: 129.32mg (12.93%), Vitamin B2: 0.22mg (12.86%), Vitamin B3: 1.76mg (8.82%), Selenium: 5.21µg (7.45%), Vitamin A: 313.17IU (6.26%), Vitamin C: 4.91mg (5.95%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.48mg (4.77%), Vitamin K: 2.51µg (2.39%), Vitamin B12: 0.08µg (1.28%)