



Beef, Poblano & Cheese Tamales

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 corn husks dried
- 6 chilies dried with the ends cut off seeded
- 1.5 cups ground beef
- 1 cup mozzarella cheese shredded
- 0.5 poblano pepper diced
- 4 cloves garlic minced
- 2 tablespoons olive oil
- 1.5 packets penzey's southwest seasoning with onion and garlic

- 2 teaspoons salt
- 1 teaspoon chili powder

Equipment

- bowl
- frying pan
- sauce pan
- pot
- blender
- double boiler
- stove
- colander

Directions

- In a large bowl, allow corn husks to soak in hot water. In a large saucepan, bring 4 cups of water to a boil.
- Remove any string-like particles from the chili pods.
- Add them to the boiling water along with half of a packet of Goya seasoning. Cover and let boil for about 20 minutes.
- Afterwards, place chili pods with 2 cups of the stock in a blender to coalesce.
- Drain the saucepan of the remaining stock and place back on the stove top. Return the heat to medium, and add olive oil once the remaining stock evaporates.
- Add onion and beef, and immediately begin to break apart the beef.
- Add 1 packet of Goya seasoning and chili powder, and allow to cook for 5 minutes.
- Add the chili sauce and cook an additional 5 minutes.
- Add garlic and 2 teaspoon salt. I added the poblano pepper at this point, but I should have added it with the beef and onion.
- Reduce heat to medium-low, and cook for one hour. For the last twenty minutes, partially cover the pan in order to slightly reduce. Most of the liquid should be reduced and thickened.

- In a large bowl, add instant corn masa mix, water, baking powder, salt, and olive oil to create corn masa mix. The mixture should be spongy.
- What's surprisingly tricky is assembling the tamales. The best technique I've found is to thinly spread the tamale masa mix starting from the right-hand side of the corn husks, and leaving about 2 inches on the left-hand side of the husk. When rolling the tamale together, take the right-hand side and fold it onto the rest of the corn husk covered with tamale masa mix. The 1-2 inches left over should roll perfectly over the actual tamale. Don't overstuff the tamales! I'd say 2 tablespoons of meat mixture and just a sparse amount of cheese.
- Oh cook, you should have a double boiler. If you don't, like me, then use a metal colander and place it in a large pot.
- Place the tamales in the colander (or double boiler) where they are not squished, nor are they loose enough to unravel themselves. While doing this, boil 2 cups of water in the pot or what equates to 1 inch in height of the water.
- Once water comes to a boil, reduce heat and add the tamales.
- Place a towel between the colander and lid, and cook for 30 minutes.

Nutrition Facts

PROTEIN 22.86% **FAT 73.55%** **CARBS 3.59%**

Properties

Glycemic Index:18, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:12.75%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 372.47kcal (18.62%), Fat: 30.3g (46.62%), Saturated Fat: 11.16g (69.74%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.03g (1.15%), Cholesterol: 82.03mg (27.34%), Sodium: 1404.9mg (61.08%), Protein: 21.19g (42.39%), Vitamin B12: 2.44µg (40.73%), Zinc: 4.44mg (29.61%), Selenium: 17.99µg (25.7%), Phosphorus: 243.25mg (24.32%), Vitamin B3: 3.83mg (19.14%), Vitamin B6: 0.37mg (18.69%), Calcium: 172.27mg (17.23%), Vitamin C: 13.14mg (15.93%), Vitamin B2: 0.23mg (13.37%), Iron: 2.18mg (12.11%), Vitamin A: 597.88IU (11.96%), Vitamin E: 1.75mg (11.65%), Vitamin K: 11.2µg (10.67%), Potassium: 315.96mg (9.03%), Magnesium: 24.63mg (6.16%), Manganese: 0.12mg (6.08%), Vitamin B5: 0.51mg (5.11%), Copper: 0.08mg (4.17%), Vitamin B1: 0.06mg

(4.11%), Fiber: 0.86g (3.46%), Folate: 10.86µg (2.71%), Vitamin D: 0.2µg (1.31%)