



Beef Tamales

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound stew meat
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons cooking oil
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic thinly sliced
- ☐ 1.5 teaspoons ancho chili powder dried red
- ☐ 1 cup beef broth fat-free
- ☐ 16 pasta like spaghetti dried thin

- ☐ 3 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 cup water
- ☐ 1 cup water
- ☐ 16 large frangelico dried

Equipment

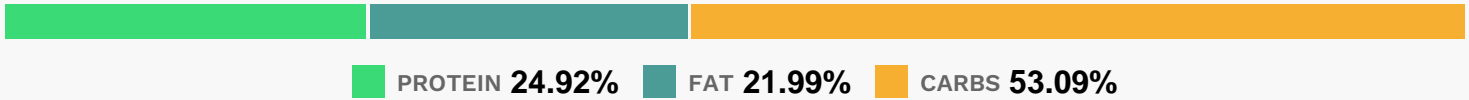
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ To prepare filling, heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic to pan; saut 4 minutes or until onion is tender.
- ☐ Add beef; saut 5 minutes, turning to brown on all sides. Stir in 1 cup water and 1/2 teaspoon salt; bring mixture to a boil. Cover and bake 1 1/2 hours or until beef is tender.
- ☐ Transfer beef to a bowl with a slotted spoon.
- ☐ Pour drippings into a glass measure.
- ☐ Add enough water to drippings to equal 1 cup. Wipe pan with paper towels.
- ☐ Shred beef into bite-sized pieces.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray. Return beef to pan; sprinkle with flour. Cook 1 minute, stirring constantly. Stir in ground chile; stir in drippings mixture.

- Reduce heat, and cook 7 minutes or until liquid almost evaporates, stirring often.
- ☐ Remove from heat; cool to room temperature.
 - ☐ Place whole cornhusks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
 - ☐ Drain husks.
 - ☐ To prepare dough, combine masa and 1 teaspoon salt in a large bowl.
 - ☐ Add butter and oil; stir well.
 - ☐ Add broth and 1 cup water; stir until a soft dough forms.
 - ☐ Working with one husk at a time, place about 1/4 cup masa dough in the center of the husk; press dough into a 4 x 3-inch rectangle. Spoon about 2 tablespoons beef 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.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.81, Inflammation Score:0, Nutrition Score:16.653913031454%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 283.69kcal (14.18%), Fat: 7.01g (10.78%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 34.58g (12.57%), Sugar: 1.36g (1.51%), Cholesterol: 38.92mg (12.97%), Sodium: 546.74mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.73%), Vitamin B1: 0.71mg (47.25%), Vitamin

B3: 8.25mg (41.25%), Selenium: 23.62µg (33.75%), Vitamin B6: 0.63mg (31.49%), Vitamin B2: 0.45mg (26.69%), Folate: 104.67µg (26.17%), Iron: 4.58mg (25.47%), Phosphorus: 229.57mg (22.96%), Zinc: 3.25mg (21.65%), Vitamin B12: 1.05µg (17.53%), Magnesium: 59.02mg (14.75%), Manganese: 0.28mg (14.13%), Fiber: 3.48g (13.93%), Potassium: 425.87mg (12.17%), Copper: 0.17mg (8.36%), Calcium: 81.43mg (8.14%), Vitamin A: 247.07IU (4.94%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.54mg (3.59%), Vitamin C: 2.46mg (2.98%), Vitamin K: 2.05µg (1.95%)