



Black Bean and Sweet Potato Tamales with Tomatillo Sauce



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



12

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 ounce chilis green drained chopped canned
- ☐ 1 teaspoon chipotle sauce
- ☐ 0.5 cup cilantro leaves
- ☐ 1.5 cups corn kernels frozen thawed

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 3.8 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 5 ounces cheddar cheese reduced-fat
- ☐ 1 pound sweet potatoes and into
- ☐ 1 pound tomatillos fresh husked rinsed (8)
- ☐ 0.3 cup vegetable stock organic
- ☐ 2 cups vegetable stock organic
- ☐ 24 frangelico dried
- ☐ 24 frangelico dried

Equipment

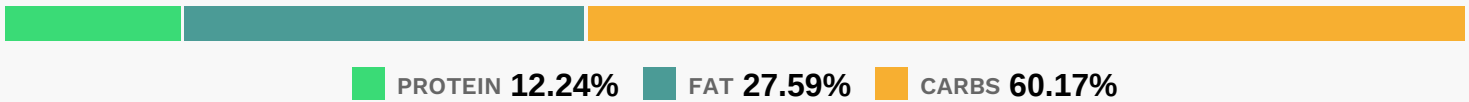
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup
- ☐ broiler pan

Directions

- ☐ Place corn husks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
- ☐ Drain.
- ☐ Preheat oven to 400
- ☐ To prepare filling, pierce potato with a fork; wrap in foil.
- ☐ Bake at 400 for 1 hour or until tender. Peel potato; mash.
- ☐ Heat 2 teaspoons oil in a skillet over medium-high heat.
- ☐ Add 1 cup onion; saut 4 minutes.
- ☐ Add 1 teaspoon cumin and cinnamon; saut 30 seconds.
- ☐ Add beans and green chiles; saut 2 minutes.
- ☐ Remove from heat.
- ☐ Combine potato, bean mixture, cheese, and chopped cilantro.
- ☐ Increase oven temperature to 450
- ☐ To prepare masa dough, combine 2 cups broth and corn in a blender; process until smooth.
- ☐ Lightly spoon masa harina into dry measuring cups; level with a knife.
- ☐ Combine masa harina, baking powder, and salt.
- ☐ Add broth mixture and butter to masa mixture; stir until a soft dough forms. Cover.
- ☐ To prepare sauce, heat 2 teaspoons oil in a medium saucepan over medium-high heat.
- ☐ Add 1 cup onion, jalapeo, and garlic; saut 2 minutes.
- ☐ Add tomatillos and next 5 ingredients (through 1/4 teaspoon salt); bring to a boil. Cover, reduce heat, and simmer 10 minutes. Cool slightly.
- ☐ Place tomatillo mixture and cilantro leaves in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to prevent splatters). Blend until smooth.
- ☐ To assemble, working with 1 husk at a time, place 3 tablespoons masa dough in center of husk about 1/2 inch from top, and press dough into a 4 x 3-inch rectangle. Spoon 2 tablespoons bean mixture down 1 side of dough. Fold husk over tamale, being sure to cover the filling with dough; fold over 1 more time. Fold bottom end of husk under.

- ☐
- Place the tamale, seam side down, on the rack of a broiler pan lined with a damp towel.Repeat the procedure with remaining husks, dough, and bean mixture. Cover filled tamales with another damp towel.
- ☐
- Pour 2 cups hot water in the bottom of a broiler pan; top with prepared rack.
- ☐
- Steam at 450 for 1 hour, adding water as necessary to maintain a depth of about 1/2 inch.
- ☐
- Let stand 10 minutes.
- ☐
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:20.881739124008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 318.65kcal (15.93%), Fat: 10.14g (15.61%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 41.78g (15.19%), Sugar: 5.35g (5.95%), Cholesterol: 21.39mg (7.13%), Sodium: 626.92mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Vitamin A: 5894.76IU (117.9%), Vitamin B1: 0.64mg (42.93%), Fiber: 7.99g (31.94%), Folate: 122.73µg (30.68%), Manganese: 0.52mg (26.01%), Vitamin B2: 0.44mg (25.75%), Iron: 4.6mg (25.57%), Vitamin B3: 5.04mg (25.21%), Phosphorus: 229.23mg (22.92%), Calcium: 208.18mg (20.82%), Magnesium: 73.64mg (18.41%), Vitamin B6: 0.36mg (17.82%), Vitamin C: 12.76mg (15.46%), Potassium: 524.97mg (15%), Vitamin K: 14.12µg (13.45%), Copper: 0.25mg (12.31%), Selenium: 8.07µg (11.53%), Zinc: 1.53mg (10.22%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.73mg (4.84%), Vitamin B12: 0.15µg (2.56%)