



Salsa Verde Chicken Tamales

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 servings roasted chicken
- 4 lb chicken free range (preferably grass feed)
- 10 cloves garlic
- 0.5 large onion
- 48 servings cumin
- 48 servings sea salt
- 48 servings olive oil
- 4 cup water

- 48 servings salsa verde green (Salsa)
- 10 tomatillos
- 1 pepper flakes
- 1 pepper flakes
- 2 pepper flakes
- 0.3 onion yellow
- 0.3 cilantro leaves
- 1 tsp sea salt
- 48 servings dough (Masa)
- 1 can i would have liked to use an version of masa but i couldn't find one at the time of making the tamal organic
- 6 cups masa (corn flour, NOT corn meal)
- 2 tsp sea salt
- 6 Tbs palm shortening organic
- 4 cups chicken broth (reserved from roasting your chicken)
- 1 cup salsa verde

Equipment

- bowl
- frying pan
- pot
- blender
- roasting pan
- dutch oven

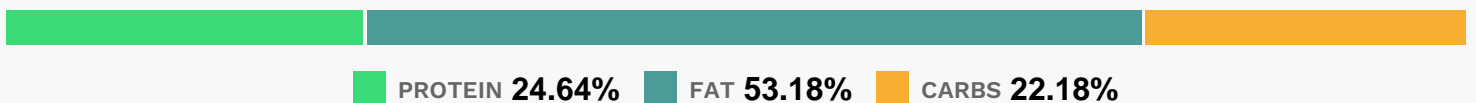
Directions

- Roasted Chicken
- Place your chicken into a roasting pan or dutch oven. I left the organs and the neck for added flavor.

- Put garlic cloves under the skin of the chicken
- Chop the onion and scatter around the bottom of the pan.
- Pour in water.
- Salsa Verde
- Remove the hulls from the tomatillos. They will be sticky, don't worry if you can't wash it all off.
- Remove the stems.
- Place all the tomatillos and chiles into a sauce pot. Cover with water and boil until soft.
- Remove the tomatillos and chiles from the water and place in a blender.
- Add all the remaining ingredients and blend until smooth.
- It's as simple as that. A yummy salsa perfect for tamales, eating with chip or putting on top of whatever you're eating!
- Tamale Dough (Masa)
- Mix all together to make a soft, sticky dough.
- Salsa Verde Tamales
- Tamale Dough
- Shredded chicken
- 2 cups Salsa Verde
- 10 to 40 green olives
- 4 medium potatoes
- Remove the corn husks from the bag and place them in a pot of hot water. Continue to heat on low for at least 30 minutes. You want them to be pliable.
- Add your shredded chicken to a skillet and cover with about two cups of salsa verde.
- If you have large olives you will want to cut them in 1/2 or in 1/
- If they are small you might just want to leave them whole. I prefer to remove the pit but you don't have too, just watch out when you bit into the tamale.
- Place in small bowl and set aside.
- Cut the potatoes into small, thick strips. You don't have to remove the peel. I used red potatoes because that is all I had. Normally I would use regular old potatoes.
- Place in a small bowl, cover with water to prevent them from turning brown and set aside.

- Now comes the fun part! Asembling the tamales! It is best to do this with a firend. My sister helped me since I am visiting her right now.
- Remove the soaked corn husks from the pot.
- Pick out the husk you want to use. Normally one big one is enough. If the are small you may have to use two, overlapping a bit.
- Spred about 2TBS of the dough across the bottom half of the husk, narrow end pointing away from you about 1/8 in thick. Going a little more than half way up, leaving a tiny bit of room on the sides.
- Now place a small amount of chicken in the middle of the dough. I can't remember the exact amount I used.
- Place a potatoe sclice in the middle of the chicken and an olive at the end.
- Fold in one side and then the other. Fold up the bottom. If you want you can tie them closed with a small strip of husk. I don't.
- In a large pot pour in a about two cups of water.
- Place as many tamales that will fit in the pot, open end facing up.
- Place the lid on the pot and bring to a boil. Once boiling, turn down the heat and steam for 30 to 45 minutes.
- Remove from the pot and enjoy!! You will know that they are done when the husk can be pulled away from the masa and not stick. I served mine with refried beans and rice. The rice recipe will soon to follow, hopefully! This recipe made almost 4 dozen tamales. They can be frozen to save for later. Simply let them defrost and steam until warm.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:3.9, Inflammation Score:-5, Nutrition Score:13.861304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

0.45mg, Quercetin: 0.45mg

Taste

Sweetness: 15.2%, Saltiness: 100%, Sourness: 14.14%, Bitterness: 19.54%, Savoriness: 67.49%, Fattiness: 83.01%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 457.29kcal (22.86%), Fat: 26.7g (41.08%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 23.41g (8.51%), Sugar: 3.24g (3.6%), Cholesterol: 77.75mg (25.92%), Sodium: 848.22mg (36.88%), Protein: 27.83g (55.67%), Vitamin B3: 9.22mg (46.1%), Selenium: 30.27µg (43.24%), Vitamin B6: 0.52mg (26.22%), Phosphorus: 246.93mg (24.69%), Vitamin E: 2.47mg (16.46%), Iron: 2.87mg (15.96%), Vitamin B2: 0.25mg (14.56%), Vitamin B1: 0.22mg (14.5%), Zinc: 1.99mg (13.23%), Manganese: 0.25mg (12.38%), Potassium: 414.08mg (11.83%), Magnesium: 44.55mg (11.14%), Vitamin B5: 1.1mg (11.03%), Vitamin K: 10.67µg (10.16%), Vitamin C: 8.34mg (10.1%), Folate: 28.2µg (7.05%), Vitamin A: 348.35IU (6.97%), Fiber: 1.64g (6.54%), Copper: 0.13mg (6.53%), Vitamin B12: 0.31µg (5.11%), Calcium: 47.72mg (4.77%)