



## Low-Fat, Healthier Tamales

**Servings:** approximately 75 tamales

**Prep + Cook Time:** 3—4 hours depending on skill

3 of these lard-free tamales contain about 300 calories, compared to 1,200 calories in 3 traditional tamales

## INGREDIENTS

### Ingredients for Tamale Masa:

- 5 lbs. fresh masa
- 1/4 cup chili powder
- 1/8 cup baking powder
- 14 oz. can chicken broth (low sodium)
- 2-3 tablespoon salt
- 1/3 cup olive oil

Mix all ingredients together until they are blended and place in refrigerator while preparing meat.

### Ingredients for filling:

- 6 lbs. lean ground turkey (or the meat of your choice)
- 1/3 cup chili powder
- 1 teaspoon black pepper
- 1/2 cup water (as needed)
- 1 tablespoon salt
- 4 cloves of garlic –minced
- 1 1/2 teaspoon ground cumin

Heat pan on medium heat and cook ground turkey until browned. Add salt, chili powder, garlic, black pepper, and cumin. Cook for 20 minutes until meat is fully cooked. Add water if needed to keep meat moist. Let meat cool down .

## INSTRUCTIONS

### Preparing Tamales:

- Soak 100 Tamale husks in warm water for 1-2 hours
- Take husks out of water once soft, and dry on clean towels before making tamales
- Take 2 tablespoons of masa and spread on smooth side of large corn husk
- Spread the masa into a thin rectangle close to the wider end of the husk
- Add 1 tablespoon of meat mixture in the middle of corn husk
- Fold left side of husk over the meat, fold right side then fold pointed end upward to seal
- Repeat steps until all meat and masa is used

### Cooking:

- Fill bottom of a tamale pot with water and place steaming tray into the pot, or fill pot with an inch or two of water and place a steaming basket in the pot.
- Place tamales standing upright into steamer and steam for 1-1 1/2 hours with lid on pot continue to add and check for water
- Pull one Tamale from the basket, let stand for 5 minutes , unwrap and check masa with a fork. Masa should be firm to the touch. Serve and enjoy

### RECIPE SOURCE

[http://www.foodbankcc.com/wp-content/uploads/2013/12/healthier\\_tamales.pdf](http://www.foodbankcc.com/wp-content/uploads/2013/12/healthier_tamales.pdf)