

# Tamales



Serving: 8 Prep: 30 minutes



Preparing Time: min



Total Duration: min

## Ingredients

- ♦ Masa dough
- ♦ Pork or chicken
- ♦ Corn husks

## Directions

- ♦ Fill masa with meat.
- ♦ Wrap in husks.
- ♦ Steam until firm.
- ♦ Equipment: Steamer
- ♦ Nutrition: Protein 12g, Carbs 36g, Fat 9g

## Notes

Corn dough filled with meat and steamed in husks.

