

Authentic Beef Tamales

Yield: 72 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-tamales-recipe>

Ingredients:

- 6 pounds brisket
- 1 onion
- 6 cloves garlic peeled
- 3 teaspoons salt
- 6 peppercorns
- 8 dried ancho chiles
- 1 tablespoon seeds comino
- water to cover
- 1/2 pound lard
- 1 cup canola oil
- 6 pounds masa from tamale factory OR
- 4 pounds masa harina
- 1/2 pound lard Healthier option: 2 cups canola oil
- 6 teaspoons salt
- 1 teaspoon baking soda
- 2 cups broth from beef filling
- 3 pounds corn husks /hojas
- hot water to cover

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 370 milligrams
9. Sugar: 1 grams

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