

Mexican Tamales

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/real-mexican-chicken-tamales-recipe>

Ingredients:

- 1 1/2 cups beef broth, or chicken
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 2/3 cup lard
- 8 ounces dried corn husks
- pork Shredded, with red sauce, recipe below
- chicken Shredded, with green sauce, recipe below
- refried beans with shredded cheese
- rice Authentic Mexican, for serving, optional

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 355 milligrams
4. Fat: 60 grams
5. Protein: 98 grams
6. SaturatedFat: 23 grams
7. Sodium: 780 milligrams
8. TransFat: 1 grams

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