

Katie's Mexican Tamale Pies

Yield: 36 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tamale-recipe>

Ingredients:

- 15 ounces pinto beans rinsed and drained
- 15 ounces diced tomatoes
- 1 zucchini small, cut into tiny pieces, optional
- 15 ounces corn drained, or 1 3/4 cup fresh or frozen
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1 teaspoon onion powder each:
- 1/2 teaspoon salt
- hot sauce optional:, or red pepper flakes, for a spicier version

Nutrition:

1. Calories: 15 calories
2. Carbohydrate: 3 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 50 milligrams
6. Sugar: 1 grams

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