

Southern Foodways' Mississippi Delta Hot Tamales

Yield: 90 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mississippi-delta-southern-squash-casserole-recipe>

Ingredients:

- 8 pounds meat boneless, pork shoulder, chuck roast, or chicken
- 3/4 cup vegetable oil
- 1/4 cup chili powder
- 2 tablespoons paprika
- 2 tablespoons salt
- 2 teaspoons black pepper
- 1 teaspoon ground cayenne pepper
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon ground cumin
- 2 packages corn husks dried
- 8 cups yellow cornmeal or maseca, masa mix
- 4 teaspoons baking powder
- 2 teaspoons salt
- 1 2/3 cups lard or vegetable shortening
- 8 cups broth warm meat, from cooking the meat

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams

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