

Beef Tamales

Yield: 72 min
Total Time: 390 min

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

Ingredients:

- 4 pounds boneless chuck roast
- 4 cloves garlic
- 24 ounces corn husks dried
- 4 dried ancho chiles
- 2 tablespoons vegetable oil
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- 1 teaspoon cumin seeds
- 1 teaspoon ground cumin
- 2 cloves garlic minced
- 2 teaspoons fresh oregano chopped
- 1 teaspoon red pepper flakes
- 1 teaspoon white vinegar
- salt to taste
- 3 cups lard
- 1 tablespoon salt
- 9 cups masa harina

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 135 milligrams

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