



## RECIPE | TOMATOES

# TAMALE BITES



45 min

10 min  
PREP.

35 min  
COOKING



12



easy



## INGREDIENTS

### For the filling:

**4** Pure Flavor® Organic Roma Tomatoes  
**1 lb** chicken, cooked & shredded  
**1** clove garlic, minced  
**1 cup** water  
**1/3 cup** onion, chopped  
**1/4 cup** sour cream  
**1 tbsp** butter

**1 tbsp** fresh thyme leaves  
**1 tbsp** fresh lime juice  
**2 tsp** masa (corn flour)  
**1 1/2 tsp** ground cumin  
 Salt & pepper, to taste  
 Cooking spray  
 Cilantro, chopped, for garnish  
 Queso fresco, crumbled for garnish

### For the shell:

**2 cups** masa (corn flour)  
**1 1/3 cups** beef stock  
**3/4 cup** vegetable shortening, melted  
**1 tsp** baking powder  
**1/2 tsp** salt  
**1 tsp** ground cumin



## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Dice the tomatoes and set aside 1/4 cup for garnish.
- 3 Heat a large skillet over medium-high heat. Sauté the onion and garlic with butter for 2-4 minutes. Combine the tomatoes, chicken, masa, cumin, and thyme and stir well. Add water and bring to a boil, then lower the heat to simmer for 10 minutes.
- 4 Once there is no more liquid, stir in sour cream, lime juice and season with salt & pepper to taste.
- 5 Make the shells by mixing masa with baking powder, salt, and cumin. Add the stock and mix to a crumbly consistency. Pour in the melted shortening and mix by hand until smooth.
- 6 Spray mini muffin tins with nonstick cooking spray. Scoop the masa mixture into small balls and place in the muffin tins. Press a deep indentation in the center of the masa balls to form a cup.
- 7 Fill each shell with the meat mixture and bake for 20 minutes. Remove from oven and allow to cool 5-10 minutes before removing from tins.
- 8 Garnish with remaining tomatoes, queso fresco and cilantro. Serve warm.

