

# VEGETARIAN TAMALES

*La Guadalupeana*  
Assured Quality Since 1945

MAKES 12 TAMALES

## INGREDIENTS

### Filling

1 Tbsp olive oil	1 tsp Cumin
1 Onion, medium, chopped	1 tsp Smoked paprika
2 Garlic cloves, minced	½ tsp Salt (or to taste)
1 Red bell pepper, diced	½ tsp Black pepper
1 Zucchini, diced	
1 cup Mushrooms, chopped	<b>Optional</b>
1 cup Fresh spinach	1 cup Shredded Oaxaca cheese or Monterey Jack

## PREPARATION

### Tamales

- 1 package La Guadalupeana Pre-Mixed Masa with Chili Pepper
- 1 cup vegetable broth (if needed to adjust masa consistency)
- 20-25 corn husks (soaked in warm water for 30 minutes)

### Prepare the Corn Husks

- Soak the corn husks in warm water for at least 30 minutes until they're soft and pliable.
- Drain and pat them dry when ready to assemble.

### Prepare the Filling

1. Heat olive oil in a skillet over medium heat.
2. Sauté onion and garlic until translucent.
3. Add red bell pepper, zucchini, and mushrooms. Cook for 5-7 minutes until tender.
4. Stir in spinach, cumin, smoked paprika, salt, and pepper. Cook until the spinach wilts. Remove from heat and let the filling cool slightly.
5. Mix in shredded cheese if using.

### Assemble the Tamales

1. Lay a softened corn husk on a clean surface.
2. Spread 2-3 tablespoons of masa evenly over the wide part of the husk, leaving about 1 inch at the edges.
3. Place 1-2 tablespoons of the veggie filling in the center of the masa.
4. Fold the sides of the husk over the filling, then fold up the bottom.



### Steam the Tamales

1. Fill a large pot or tamalera with water just below the steamer rack.
2. Stand the tamales upright in the pot, open ends facing up. Cover with a damp cloth and lid.
3. Steam for 45-60 minutes on medium heat. Check occasionally to ensure there's enough water in the pot.
4. Tamales are ready when the masa pulls away cleanly from the husk.

### Serve and Enjoy!

- Let the tamales cool for a few minutes. Serve with salsa verde or roja and a dollop of crema.

### Tips

- For extra flavor, add roasted poblanos or corn to the filling.
- These tamales freeze well! Reheat by steaming or microwaving with a damp paper towel.

Enjoy your hearty, vegetarian tamales with La Guadalupeana's perfectly seasoned chili pepper masa – convenience meets tradition!