



Pork or Black Bean and Corn Tamale Stew

Cook Time: 25 Minutes

A hearty stew with tomatoes, kidney beans, veggies, and Along Came Tamale's hand-made black bean or pork tamales.

Ingredients are subject to
availability

Pork or Black Bean and Corn Tamale Stew

Ingredients:

pork or black bean tamales

1/2 large onion

bell pepper

salsa

3 cloves garlic

chili seasoning

kidney beans

Instructions:

1. Dice the onion and bell pepper. Smash the garlic with the edge of knife and roughly chop.
2. In a large pot over medium-high heat, sauté the chopped onion and bell pepper in 1 tablespoon of olive oil, for about 5 minutes or until the vegetables begin to soften.
3. Stir in the salsa, garlic, chili packet, salt and fresh ground pepper; cook for another minute until the spices become fragrant. Then, add enough water to cover by 1 inch and generously season with salt. Cover and simmer for about 10-15 minutes.
4. Drain and rinse the beans, add them to the stew, and simmer an additional 2 minutes. Next, cut the tamales into 2 inch pieces and add to the stew, lightly stirring until warmed through.
5. Divide the tamale stew between bowls and season with salt and pepper to taste. Enjoy!