

# Bolitas de Tamal

Chorizo Stuffed "Tamale Balls" with Roasted Tomatillo Sauce

These amazingly versatile appetizers utilize one of my "foundation" recipes, my Low Point Masa, which is found in my first cookbook (Cookbook: Volume 1), as well as the low point and calorie ground turkey chorizo recipe and roasted tomatillo sauce, also found in the same book/download. You can use this recipe as a base, from which you can make Tamale balls filled with whatever filling you'd like. Chicken, Pork, Shrimp... using my low point Mole' sauce, red enchilada sauce, the options are endless. Well... kinda.

**Yield:** 16 Tamale Balls


**Servings:** 1 Ball



- last checked 12/29/21 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Tomatillo Sauce:

- 2-1/2 lbs. Tomatillos, husks and stems removed
- 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- 3 medium cloves garlic
- 4 good sized poblano peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt
- 1 whole medium Jalapeno pepper **(OPTIONAL!)** 

### Low Point & Calorie Chorizo:

- 1 batch of my Low Point Chorizo. The recipe can be found in my "Cookbook: Volume 1", pg. 27 (don't forget to add the extra baking powder)

### Low Point Masa:

- 1 batch of my Low Point Masa. The recipe can be found in my "Cookbook: Volume 1", pg. 38. Make sure to add the noted 2 tsp baking powder, to make the masa better for tamales.

## Directions:

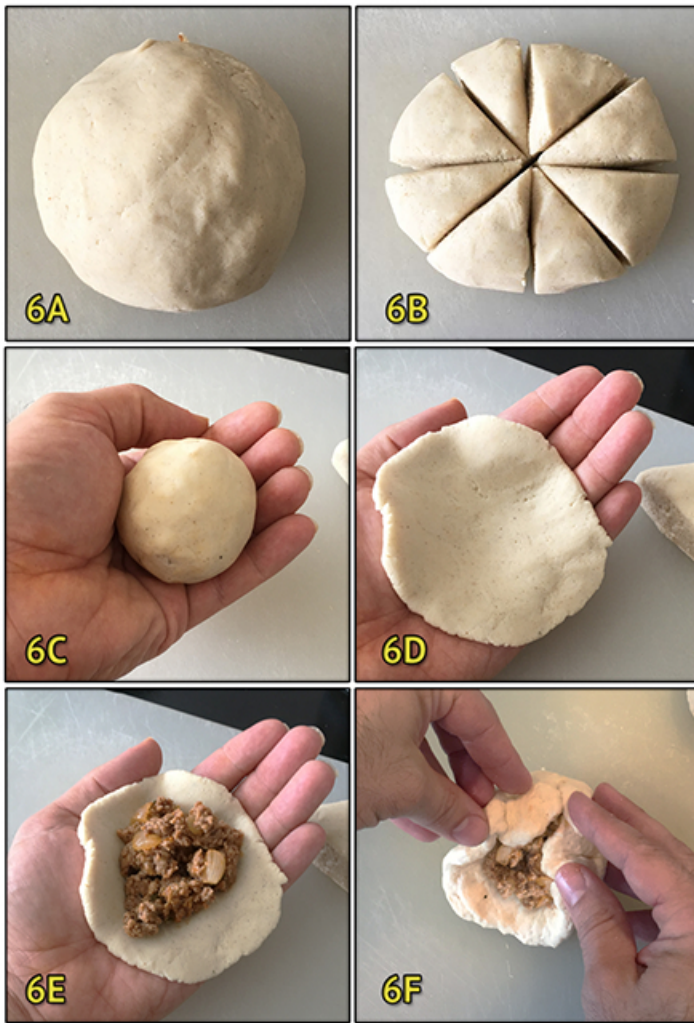
1. Preheat your oven to 375 degrees.
2. Line a large sheet pan with foil and spray with olive oil cooking spray. Place all of the vegetables (NOT THE CILANTRO) on the tray and spray them liberally with the cooking spray, then sprinkle lightly with salt and pepper.



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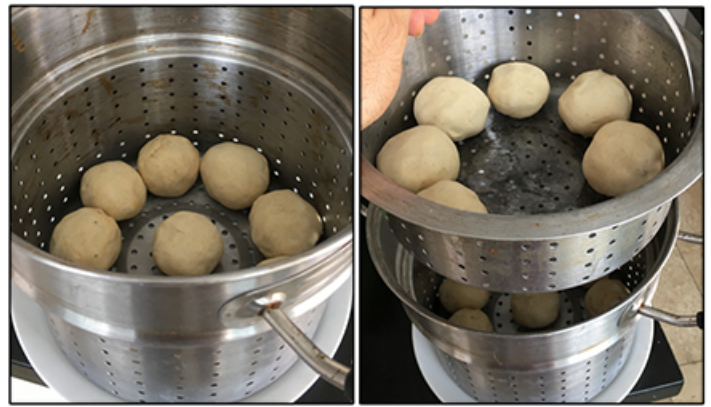
3. Cook the vegetables at 375 degrees for 45 minutes, or until the tops of the vegetables are starting to blacken, then turn on the oven's "Broiler" function. Place the tray on the top rack under the broiler. Watch so that the vegetables don't burn to a crisp. You want to develop some black char across the tops of some of them.
4. Remove the tray from the oven and spoon all of the roasted veggies into a food processor or large blender. Make sure to also pour all of the juices in as well, along with the fresh cilantro and 1/4 tsp salt.
5. Process the vegetables on high for up to 1 minute. It should give you a thick green salsa.



6. (A) Take your (2) 1 cup balls of prepared Masa dough, and (B) section each into 8 relatively equal portions, JUST like when you section 2 ingredient dough. (C) Roll each 1/8 cup section into a ball, in your palm, then (D) flatten it into a thick tortilla shape. (E) Place 1 Tablespoon of the prepared and cooked chorizo into the center of each round of masa. (F) Carefully roll it into a ball, in your palm, then set the tamale balls, seam side down, onto a cutting board or plate. Set aside.



7. Fill a large pot, (that has steamer inserts) with enough to steam for a good 15 minutes, without actually touching the bottom insert tier, if using one.



8. Place your formed Tamale Balls into the lower and upper steamer inserts. Then place into the pot with the boiling water.



9. Cover, then steam for 16 minutes. Remove from heat. Top with roasted tomatillo sauce and garnish with fresh chopped cilantro and a small amount of crumbled fat free Feta cheese.

#### NOTES:

- You can easily halve this recipe if you don't want to make a big batch. OR, If you would like larger, main course-sized Tamale balls... Rather than sectioning the 1 cup Masa balls into 1/8's, section them into 1/4's. They will end up being 3 points per, but they are much more filling and end up being the size of a baseball.
- If you would like to NOT use the yogurt in this recipe due to dairy allergies, replace it with tofu that's blended with water. In Connect, you can search for #dairyfreeyogurthack, for my post on it. Blend 1/2 cup of water with a 16oz package of semi-firm tofu, to use as a viable replacement for Greek yogurt in recipes. Thin with a little water if needed.
- If you would like an even MORE chewie tamale or tortilla, from your Masa, you can substitute 1/4 cup of the corn flour with 1/4 cup of all purpose flour. I personally love the texture that way... but I'm a full-on Gringo.
- Instead of using the roasted tomatillo sauce for your tamale balls, you can definitely use the other latin sauces from my "Cookbook: Volume 1". Namely, my red enchilada sauce, page 77, or my Mexican brown mole, page 74.