

Be Prepared.

\$10 A WEEK. 10 WEEKS TO STAY PREPARED.



Pumpkin Tamales

INGREDIENTS

12 - 15 cups of basic fresh masa	1 tablespoon ground mace
1- 1lb 10 oz can pumpkin puree	2 cups raisins, dark or golden
2 cups sugar or use less to taste	36 to 48 dried corn husks, soaked, washed, and drained plus more for ties
1 tablespoon vanilla extract	
1 teaspoon ground canela (cinnamon)	

DIRECTIONS

Prepare the masa. In a large bowl combine the masa, pumpkin and sugar. Add the vanilla, mace, cinnamon, and raisins and mix until well blended.

To assemble the tamales, place 2 - 3 heaping tablespoons of the masa mixture in the net of the smooth side of the corn husk. Fold the sides of the husk in toward the center and tie the tamale at both ends. Prick the husk several times using the tip of a very sharp knife. Repeat for the remaining tamales. Steam the tamales for 45 - 50 minutes.

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