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Cuban Polenta with Chorizo & Corn (Tamal en Cazuela) ♦♦

Cuban Polenta with Chorizo & Corn, also known as Tamal en Cazuela, is a traditional Cuban dish that combines the flavors of polenta, chorizo, and corn. This hearty and flavorful dish is often enjoyed as a main course and is perfect for cold winter nights. The polenta is cooked with chicken broth and seasoned with garlic, cumin, and paprika, giving it a rich and savory taste. The chorizo adds a smoky and spicy kick, while the corn adds a touch of sweetness. This dish is typically served with a side of black beans and rice.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 60 mins

Total Time: 80 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g polenta

500 ml chicken broth

200 g	Chorizo
200 g	corn kernels
2 cloves	garlic
1 tsp	Cumin
1 tsp	Paprika
1 tsp	Salt
400 g	Black Beans
400 g	Rice

Directions

Step 1

Stove

In a large pot, bring the chicken broth to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Slowly whisk in the polenta, garlic, cumin, paprika, and salt. Reduce heat to low and simmer for 20 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Stove

In a separate pan, cook the chorizo until browned and crispy. Remove from heat and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Add the corn kernels to the polenta and stir to combine. Cook for an additional 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Serve the Cuban Polenta with Chorizo & Corn hot, topped with the cooked chorizo. Serve with a side of black beans and rice.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Mother's Day Barbecue

Cuisines

Italian Chinese Mexican French Mediterranean Spanish American

Nutritional Content

Low Calorie Low Fat High Fiber

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Side Dishes Salads

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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