

Happy~Healthy~Blessed

Sarah's Homemade Tortillas

These are so easy and so good it's rare we buy tortillas anymore!



Ingredients:

- 3 c. Organic flour of choice (whole wheat, white, spelt)
- 1 1/2 tsp Real salt
- 2 tsp. baking powder
- 3/4 c. Organic Spectrum All Vegetable Shortening
- 3/4 c. very hot water

Directions:

Mix the flour, salt, and baking powder together in your mixing bowl. Cut in the shortening with your fingers or pastry cutter until the flour is crumbly. Add the water and mix until the dough comes together. Place on a lightly floured surface and knead for a few minutes until smooth and elastic. Place in bowl, cover with a dishtowel and let sit for an hour. Divide the dough into 5-6 equal pieces and roll each piece into a ball.

Preheat a large skillet or pan to medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla (if you want it perfectly round, get a large round plate or serving platter, flip it upside down over the dough and cut out the circle). Place into the hot skillet, and cook until bubbly, golden, and no appearance of doughy-ness, about 1 minute (DON'T OVERCOOK! remember these are supposed to be soft flour tortillas, you don't want them to be crispy); flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer or on a large plate, covering with a slightly damp towel. Repeat with remaining dough.

Rejuvenate Refresh Relax