

Simple Tortillas

Prep Time: 15 minutes | Total Time: 35 minutes | Servings: 8

Serving Size: 1 Serving; Calories 42; Total Fat .5g; Cholesterol 0mg;
Sodium 26mg; Total Carbohydrate 8g; Protein 1.1g

Equipment Needed:

- Gallon-size plastic zipper bag
- Medium skillet

Ingredients:

- 3 cups flour
- 2 teaspoons baking powder
- 6 tablespoons shortening
- 1 cup hot tap water
- 1/2 teaspoon salt (or to taste)



Instructions:



1. Place flour, salt and baking powder in the bag. Close bag and shake a few times to mix ingredients.



2. Add shortening to bag and reclose. Work bag with hands until the mixture looks crumbly and there are no large pieces of shortening.



3. Add hot tap water to the bag and reclose. Knead the bag until the dough is one large piece and the sides of the bag come clean.



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Instructions Continued:



4. Remove dough from bag and divide into eight to 10 pieces on a lightly floured surface. Place bag on top and let dough rest for 15 minutes.



6. Roll or flatten dough with hand into 8- to 10-inch circles. If dough is too sticky, add a bit more flour.



7. Place dough circles on a skillet heated to medium or medium-high and cook until dark brown spots appear.



8. Flip and cook on the other side until brown.



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