



# EASY FLOUR TORTILLAS

This recipe is designed to make tortilla making painless. Practice makes perfect when it comes to making tortillas. Don't stress too much on making perfect circles. Enjoy!



Prep time: **30 minutes** cook time: **1-2 minutes** Yields: **14 servings**

## Ingredients

- 4 cups flour
- 2 teaspoons salt
- 1 tablespoon baking powder
- 1/2 cup salted butter
- 1 cup water

## Directions

Mix the 1 tablespoon of baking powder and 2 teaspoons of salt with the 4 cups of flour in a large bowl and mix to combine.

Melt the 1/2 cup butter into the 1 cup of water. mix until the butter is completely melted, then slowly mix the water into the flour mixture with your hands while the water is still warm. Be careful not to over saturate your dough with water.

Knead your dough until it no longer sticks to the bowl or your hands. This is the key to making good tortillas.

After kneading the dough into a ball, place your dough back into the bowl and cover with cling wrap or a kitchen towel (this keeps the surface of the dough from drying out). Let rest for 12 to 15 minutes.

Once the dough has rested, divide the dough evenly into palm size balls and cover until ready to roll out.

On a lightly floured flat clean surface such as a counter top, flatten your ball into a patty shape, then with a rolling pin slowly roll the dough out until the dough reaches about a 6-inch diameter or a thin flat consistency. The proper method for rolling is to roll the dough away from you and back towards you then rotating the dough in 1/4 turns until reaching the desired size and thickness. I found it a little easier to place the rolling pin at center on the dough and roll the dough twice towards you then rotating a 1/4 turn before repeating the process until you reach desired size.

On a heated tortilla pan or skillet over medium-high heat. Cook the tortillas until they start to bubble then flip around 30-40 seconds on each side.

## Nutrition Facts

14 servings per container	
<b>Serving size</b>	<b>1 Tortilla (61g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	<b>6%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.