

Lengua in Mushroom Sauce

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-ox-tongue-recipe>

Ingredients:

- 2 pounds ox tongue lengua; cleaned, boiled until tender, skinned, and sliced
- 12 pieces white mushrooms fresh, sliced
- 10 ounces condensed soup cream of mushroom
- 3 tablespoons butter
- 1 onion medium, diced
- 3 cloves garlic minced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup water

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 5 grams
8. Sodium: 660 milligrams
9. Sugar: 1 grams

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