

Tripe Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-tripe-soup-recipe>

Ingredients:

- 2 1/4 pounds tripe cleaned or pre-cooked
- 2 parsnips large
- 2 large carrots
- 2 onions
- 1 leek small
- 1 red pepper
- 2 sticks celery
- 1/4 celeriac small
- 1 cup creme fraiche
- 4 cloves garlic
- cider vinegar or lemon juice
- 1 Himalayan salt tbps
- 1/2 teaspoon pepper freshly grounded
- 15 parsley springs

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 6 grams
8. Sodium: 115 milligrams
9. Sugar: 12 grams

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