

Delicious Beef Tongue Tacos

Yield: 20 min
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/cow-tongue-recipe-mexico>

Ingredients:

- 1 beef tongue
- 1/2 white onion sliced
- 5 cloves garlic crushed
- 1 bay leaf
- salt to taste
- 3 tablespoons vegetable oil
- 5 Roma tomatoes
- 5 serrano peppers
- salt to taste
- 1/2 onion diced
- 20 ounces corn tortillas

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 14 grams
3. Fat: 3 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 90 milligrams
7. Sugar: 1 grams

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