

# Mexican Menudo Soup

Yield: 4 min  
Total Time: 105 min

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

## Ingredients:

- 3 pounds tripe clean, cut into small bite size pieces
- 1 feet cow's, It's usually sold already cut up in pieces
- 1 pound bones narrow
- 4 large garlic cloves
- 1 onion medium, cut into thick slices
- 1 1/2 teaspoons salt to taste
- 2 teaspoons oregano
- 6 peppers guajillo, cleaned seeded, open flat, and deveined
- 1 teaspoon ground cumin freshly, optional
- 3 garlic cloves
- 1 tablespoon peppers Piquin, crushed to add when serving if you like hot food.
- lemons cut into wedges
- Mexican oregano
- 3/4 cup white onion chopped
- corn tortillas To be eaten with warm

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 22 grams
3. Fat: 1 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. Sodium: 900 milligrams
7. Sugar: 3 grams

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