

Fried Beef Liver

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-beef-liver-recipe-southern>

Ingredients:

- 3 pounds beef liver fresh
- cold water bowls filled with hot and
- 4 tablespoons olive oil or any vegetable oil
- 3 onions large, sliced into semicircles
- 1 green chili pepper fresh, slices into strips, use bell pepper if you don't like it spicy
- 1 teaspoon ground black pepper
- salt to taste
- 1/2 cup water
- 1 tablespoon tomato paste or 3-4 tbs tomato sauce
- 2 tablespoons red pepper paste, I have a YouTube tutorial for this paste
- 3 cloves garlic minced
- 3 tablespoons butter optional
- 2 tablespoons herbs freshly chopped, I used parsley and cilantro