

Irish Lassie's Liver and Onions

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-calf-liver-recipe>

Ingredients:

- 1 teaspoon olive oil or more if needed
- 1 clove garlic minced
- 4 sweet onions large, such as Vidalia®, thinly sliced
- 1 1/2 tablespoons chopped green bell pepper finely, optional
- 1 1/2 tablespoons red bell pepper finely chopped, optional
- 1/2 cup fresh mushrooms sliced, optional
- salt
- black pepper
- 1/4 cup butter
- 1 pound calf's liver skinned, deveined, and sliced
- 1/4 cup all purpose flour
- 2 cups cold water
- 2 teaspoons beef bouillon granules
- 1 tablespoon red wine

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 7 grams
8. Sodium: 310 milligrams
9. Sugar: 17 grams

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