

# Menudo Rojo (Red Menudo)

Yield: 8 min  
Total Time: 510 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-menudo-recipe>

## Ingredients:

- 3 gallons water divided
- 2 1/2 pounds tripe beef, cut into 1-inch pieces
- 6 cloves garlic finely chopped
- 1 white onion large, finely chopped
- 1 1/2 tablespoons salt
- 1 tablespoon ground black pepper
- 1 1/2 tablespoons dried oregano
- 2 tablespoons ground red pepper
- 5 chile peppers de arbol
- 6 chile peppers japones, seeds removed
- 6 cups yellow hominy or canned white, drained
- 1/2 white onion chopped
- 1/4 cup chopped fresh cilantro
- 2 limes juiced

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1890 milligrams
9. Sugar: 2 grams

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