

Mexican Tripe Soup (Pancita/Menudo)

Yield: 6 min
Total Time: 85 min

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

Ingredients:

- 2 pounds honeycomb tripe sliced into 1? pieces
- 2 pig's feet cow hooves, or beef knuckles
- 12 cups water
- 2 bay leaves
- 6 dried guajillo chiles stems and seeds removed
- 1/2 white onion medium
- 4 cloves garlic
- 1 tablespoon dried oregano Mexican oregano preferred, more to taste and to garnish
- 1 teaspoon cilantro dried
- 32 ounces hominy organic, non-GMO, optional
- salt
- pepper
- 2 limes
- 1/2 white onion medium, diced, garnish, optional
- crushed red pepper garnish for additional spiciness, optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 29 grams
3. Fat: 2 grams
4. Fiber: 7 grams
5. Protein: 3 grams
6. Sodium: 470 milligrams
7. Sugar: 5 grams

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