

# Trippa alla romana (Roman-Style Tripe)

Yield: 5 min  
Total Time: 90 min

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

## Ingredients:

- 1 tripe kilo, 2 lbs, pre-cooked and cut into strips, see Notes
- 3 1/2 ounces pancetta cut into cubes
- 1 onion medium, finely chopped
- 1 carrot peeled and finely chopped
- 1 celery stalk peeled and finely chopped
- 1 pinch red pepper flakes optional
- 1 hot pepper optional
- white wine
- salt
- pepper
- 1 1/4 cups canned tomatoes sieved, or passata di pomodoro
- olive oil or lard
- mint A handful of mentuccia, Roman, —or other mint
- Pecorino Romano cheese Freshly grated, q.b.

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 460 milligrams
9. Sugar: 4 grams

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