

Tripitas Tacos

Yield: 12 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-crispy-red-intestines-recipe>

Ingredients:

- 4 pounds intestines small beef, tripas
- water Enough, to cover the “tripitas” to cook in a large pot
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- corn tortillas
- 1 white onion finely chopped
- 1 bunch cilantro finely chopped
- salsa your choice
- salt to taste

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 4 grams
3. Fat: 2.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 280 milligrams
7. Sugar: 1 grams

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