

White Menudo Soup

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 3 pounds honeycomb tripe from RUMBA® Meats
- 2 limes
- 1 head garlic cut in half
- 1 white onion medium, cut into 4 pieces
- 1 bay leaf
- 6 quarts water
- 30 ounces white hominy ready-cooked, rinsed and drained*
- 3 sprigs mint
- salt to taste
- 1/2 red onion finely chopped
- 1/2 cup mint finely chopped, or just the leaves
- 1/2 cup cilantro finely chopped
- 2 limes cut into wedges
- 3 serrano peppers finely sliced
- 3 teaspoons Mexican oregano dried
- peppers Piquín, freshly crushed, optional
- corn tortillas Warm, or French bread

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 58 grams
3. Fat: 3 grams
4. Fiber: 13 grams
5. Protein: 5 grams
6. Sodium: 730 milligrams
7. Sugar: 9 grams

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