



Menudo



Prep time: 10 minutes

Cook time: 50 minutes

Serving Size: 1 cup

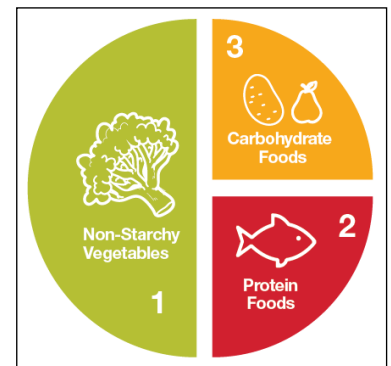
Ingredients:

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| <ul style="list-style-type: none"> 1 lb. pork, cut into bite size pieces 1/2 pork liver, cut into bite size pieces 4 pieces hotdogs or sausages, cut into diagonal slices 3 Tablespoons oil 2 cloves garlic, minced 1 medium onion, chopped 1 cup tomato sauce 2 cups of water | <ul style="list-style-type: none"> 2 medium potatoes, cut into cubes 2 medium carrots, cut into cubes 1 small red bell pepper, cut into squares 1 1/2 – 2 teaspoons salt 1/4 teaspoon ground pepper |
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Directions:

1. In a deep skillet, sauté garlic and onion in oil over medium heat until translucent.
2. Add the pork and cook, stirring until all sides are no longer pink. Pour the tomato sauce and 1 cup of water in, cover and let simmer for 15-20 minutes.
3. Add the liver, stirring until all sides are done.
4. Add the hotdogs or sausages, carrots, potatoes and bell pepper.
5. Add another cup of water and season with salt and pepper.
6. Cover and let simmer stirring from time to time, for 15 minutes or until vegetables are cooked.



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors: age, body size, activity level, and medicines taken.

To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created Diabetes Plate Method is an easy tool to assist with creating a balanced meal to manage blood sugar.

Recipe adapted based on recommendations by the American Dietetic Association

**Learn more at diabetes.org
1-800-DIABETES (800-342-2383)**

Nutrition Analysis: Calories: 376kcal | Carbohydrates: 15g | Protein: 24g | Fat: 24g | Saturated Fat: 6g | Cholesterol: 168mg | Sodium: 499mg | Potassium: 772mg | Fiber: 4g | Sugar: 7g | Vitamin A: 12480IU | Vitamin C: 53.2mg | Calcium: 50mg | Iron: 10.9mg

This institution is an equal opportunity employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.