

Menudo

Ingredients

1 lb. pork, cubed
1 cup liver, cubed
1 tbsp. oil
2 tsps. achuete seeds
1 tbsp. garlic, minced
1/3 cup onions, chopped
1/2 cup tomatoes, sliced
2 medium sized potatoes
--cut into 1/2 inch pieces
2 tsps. salt
1/8 tsp. pepper



Directions

Get color from achuete seeds
(Place seeds in 1/3 cup water and stir around. Water should turn red.) Then discard when done.
Sauté garlic, onions and tomatoes; add pork and cook until done.
Add potatoes and water, if the dish is a little dry.
Add liver when potatoes are done.
Season as desired and bring to a boil.
Serve hot with rice.