

Albondigas Soup

An incredible Albondigas soup which is a traditional Mexican meatball soup loaded with vegetables and full of flavor.

**We eat with warm flour tortillas on the side, wedges of lime, and chopped cilantro on top! I substituted all beef with chicken or turkey substitutes. I also typically double the broth measurements and adjust the spices by taste, as we like a lot of broth with our soups!*

Prep Time 20 mins

Cook Time 30 mins

Total Time 50 mins

Servings: 6

Ingredients

For Meatballs

- 1 lb ground beef extra lean (ground turkey)
- 2 cloves garlic minced
- 1/2 onion chopped
- 1/2 cup rice long grain, uncooked (I used Basmati)
- 1 egg beaten
- 1/4 cup mint fresh, chopped
- 1/4 cup parsley fresh, chopped
- 1/4 cup oregano fresh, chopped or 1 tbsp dry oregano (fresh or Mexican Oregano)
- 1 tsp cumin ground
- 1/2 tsp chili powder
- 1/2 tsp salt or to taste
- 1/2 tsp pepper or to taste

For Albondigas soup

- 2 tbsp olive oil
- 1/2 large onion chopped
- 3 cloves garlic minced
- 1 large carrot chopped to your liking
- 2 medium potatoes peeled and chopped into 1 inch cubes (I use 3 red)
- 14.5 oz diced tomatoes (1 can)
- 3 cups beef broth low sodium (replaced with chicken broth)
- 3 cups water
- salt and pepper to taste
- 1 tbsp lemon juice freshly squeezed
- 1/8 tsp cayenne pepper
- 2 tbsp cilantro fresh, chopped
- 2 tbsp parsley fresh, chopped

- Tomato paste – 1 or 2 tbsp

Instructions

1. In a bowl add all the meatball ingredients together and mix well. Shape into meatballs about 1 inch in diameter. You should get about 25 to 30 meatballs, depending on how big you make them. Place meatballs in fridge until ready to add to soup. **Using turkey, the meat can get slimy and not form firm meatballs – I coated my fingers with olive oil and formed meatballs, placed them on parchment paper and pre-cooked them at 350 in the oven for approx. 10 minutes, so they would hold their shape in the soup and not fall apart. This worked perfectly, and they turned out great!*

2. Heat the olive oil in a heavy bottom 5 qt pot to medium heat. Add onions and garlic and cook until onion is translucent, being careful not to burn the garlic. Add chopped carrots and potatoes to pot and cook for about 3 to 5 minutes until you get a nice caramelization going. **I also like to add a Tablespoon or two of tomato paste at this point to add flavor and give the soup a darker color and richer flavor.*

3. Add the tomatoes, broth, water and seasonings. Bring to a boil and turn down heat and let simmer for about 5 minutes.

4. Add meatballs to pot one at a time, slowly. Using a wooden spoon slowly stir. Cover and let cook over low to medium heat for another 15 minutes or until meatballs are cooked through. Add lemon juice and herbs and taste and adjust for seasoning.

Notes

1. If you have extra meatballs or don't use them all, you can place them in an airtight container and freeze them until ready to use.
2. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

**Tip – I always make the meatballs last, cook them, let them cool 5 minutes and then add them to the broth. It makes more sense in the process of cutting the veggies and not having to worry about raw meat contamination.*

Nutrition **not changed to account for the chicken or turkey substitutes.*

Calories: 288kcal | Carbohydrates: 21g | Protein: 20g | Fat: 13g | Saturated Fat: 4g | Cholesterol: 76mg | Sodium: 596mg | Potassium: 778mg | Fiber: 2g | Sugar: 3g | Vitamin A: 52.9% | Vitamin C: 19.4% | Calcium: 10.1% | Iron: 22.1%