

A Sutherland Belle

Albondigas Soup (Mexican Meatball Soup)

INGREDIENTS

For the Meatballs

- 1/2-pound lean ground beef
- 1/2-pound Mexican chorizo
- 1 large egg
- 3 cloves garlic, minced
- 1/2 cup cooked white rice
- 1/4 cup tightly packed mint leaves, chopped
- 1/4 cup tightly packed cilantro, chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon coarse kosher salt
- 1/4 teaspoon black pepper

For the Soup

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 jalapeno, diced
- 3 celery stalks, sliced into 1/2-inch thickness
- 3 large carrots, peeled and sliced into 1/2-inch thickness
- 2 large potatoes, diced into 1-inch chunks
- 1 teaspoon salt, plus more to taste
- 3 tablespoons tomato paste
- 2 15 oz. cans fire roasted tomatoes with juices
- 1 4 oz. can mild diced green chiles
- 1 teaspoon each of dried oregano and cumin
- 1/2 teaspoon each of coriander, and smoked paprika
- 8 cups beef broth
- 1 bay leaf
- juice of a lime

INSTRUCTIONS

- Heat 2 tablespoons olive oil in a large Dutch oven or soup pot over medium-high heat. Add onions and jalapenos and cook 3 minutes. Add carrots, celery, potatoes, and all seasonings. Cook for an additional 3 minutes. Add garlic and sauté 30 seconds. Add tomatoes, green chiles, broth, bay leaf, and lime juice.

- Cover pot and bring to a boil. Once boiling, reduce heat to a low simmer and cook, uncovered, for 20-25 minutes while you make the meatballs.
- For the meatballs, add egg to a large bowl and whisk. Add 1 cup parboiled rice and all remaining meatball ingredients and mix well. Shape 1 tablespoon-size meatballs and place on a parchment-lined baking sheet; about 30-35 meatballs.
- Bring the soup back to a boil - this will help the meatballs keep their shape. Add meatballs, then reduce to a gentle simmer for an additional 12-15 minutes or until meatballs are cooked through and rice is tender – *don't stir meatballs for at least 5 minutes or they'll break apart.*
- Ladle into bowls and top with desired toppings like sour cream, jalapenos, avocados, and cilantro.