

# BEYOND HUNGER

## Albondigas (Mexican Meatball Soup)

*Albondigas is a traditional Mexican soup! It is filling, full of flavors, and is comforting on a cold day. This soup makes it easy to include vegetables in your meals!*

**Yields:** 6 Servings

**Serving Size:** 1.5 cups

### Ingredients:

#### Albondigas

- 1 lb. lean **ground beef**
- 1 large **egg**
- 1/2 **onion**, finely diced
- 3 **garlic cloves**, finely minced
- 1/4 c **long grain white rice**
- 2 tsp **salt**
- 1 tsp ground **cumin**
- 1 tsp **garlic powder**
- 1/2 tsp **ground black pepper**
- 1/2 tsp **dried oregano**

#### Soup

- 48 oz **chicken broth** (low sodium preferred)
- 3 large **carrots**, peeled and chopped into 1-inch pieces
- 3-4 **russet potatoes**, chopped into 1-inch cubes
- 2 **zucchini** squash, chopped into 1-inch cubes
- Optional: freshly chopped cilantro, lime wedges, and 2 chipotle peppers

### Instructions:

1. Add all the ingredients for the albondigas (meatballs) into a mixing bowl. Mix/fold thoroughly until everything is well combined.
2. Form 2-inch balls of this mixture. Place each on a plate or tray once rolled, then set aside.
3. Add the chicken broth to a pot and bring it to a boil.
4. Gently add the meatballs to the pot and let cook for 10 minutes. Add in the chopped carrots, potatoes, and zucchini and chipotle peppers (if using). Boil for an additional 5 minutes.
5. Add 2-3 cups of water, if needed, and let simmer for 10-15 minutes or until the vegetables are fork tender.
6. Let cool for 5 minutes before serving with fresh cilantro and a lime wedge.

**Per Serving:** Calories 320 kcal, Carbohydrates 41 g, Protein 27 g, Saturated Fat 2 g, Sodium 207 mg, Fiber 6 g, Sugars 8 g  
This recipe was adapted and modified from Yellow Bliss Road.