ALBONDIGAS SOUP

Serves 6

Albondigas (Meatballs)

- 1 pound Lean ground beef
- 1 Large egg
- ½ cup White onion finely diced
- ¼ cup Long grain white rice uncooked
- 3 Garlic cloves finely minced
- 2 teaspoons Salt plus more to taste
- 1 teaspoon Ground cumin
- 1 teaspoon Garlic powder
- ½ teaspoon Ground black pepper
- ½ teaspoon Dried oregano

Soup

- 48 ounces Low-sodium chicken broth
- 15 ounce Can crushed tomatoes undrained
- 3 Large carrots peeled and chopped into 1-inch pieces
- 3-4 Large russet potatoes about 1 pound, peeled and chopped into 1-inch pieces
- 2 Zucchini squash about 12 ounces once chopped, cut into 1-inch pieces
- Optional: freshly chopped cilantro and lime wedges

Directions:

Add the ground beef, egg, onion, rice, garlic, salt, cumin, garlic powder, pepper, and oregano to a large bowl and stir by hand or with a spoon just until combined.

Form 2-inch balls from the mixture and set the balls on a plate for later.
Add the chicken broth and crushed tomatoes to a large soup pot or Dutch oven and bring it to a boil over medium-high heat.

Gently add the meatballs to the broth and let them cook for 10 minutes then add the carrots, potatoes and zucchini to the pot and let them boil for another 5 minutes then reduce the heat to medium-low.

Add 2-3 more cups of water or another can of crushed tomatoes as needed or as preferred, and let it simmer for 10-15 more minutes, or until the vegetables are fork tender.

Remove the pan from the heat and let it cool for 5 minutes before serving with freshly chopped cilantro and lime wedges.

Notes:

Make Ahead: You can make this soup a couple of days in advance, and store it, tightly covered (or even in the soup pot), in the refrigerator. To serve, bring to a simmer on the stovetop until everything is warmed through.

Storage: Cool soup completely, then store leftovers in an airtight container in the fridge for up to 4 days. Reheating on the stovetop is recommended, but you can also use the microwave.
Freezing: Cool completely, then store in airtight, freezer-safe containers or freezer bags for up to 6 months. Thaw in the refrigerator, then reheat on the stovetop (recommended) or in the microwave.

Recipe credit: YellowBlissRoad.com