

Albondigas Soup

Yield: Serves Four



Steps For the Soup:

1. Prepare the albondigas: Get a baking sheet pan ready. In a large bowl combine meat, rice, cilantro, scallions, garlic, egg, cumin, oregano, salt, paprika, and chili powder until well-combined. With a small cookie scooper or a soup spoon, portion out balls and roll in between your palms to get smooth balls. Set meatballs onto pan and repeat process until all balls are formed. Set aside, or refrigerate (or even freeze) until ready to use.

2. To make the soup base heat a large pot over high heat and add canola oil. Then add onions and sauté until they are translucent (about 5 minutes). Add tomatoes, garlic, kosher salt, pepper and the chipotle powder. Cook until tomatoes release juice (about five minutes). Turn off heat and let mixture cool before removing it and blending with 1 cup of chicken stock. You want the mixture puréed. Then return the mixture to the pot and add the remaining chicken stock and water. Bring this to a boil.

3. Once there is a rolling boil, add the meatballs and simmer for 10 minutes before adding the carrots and zucchini. Continuing simmering for 15 - 20 minutes or until the meatballs are cooked through. Taste for seasoning. Add the fresh lemon/lime juice and cilantro leaves. Ladle and serve hot.

Ingredients:

For the Albondigas (meatballs)

- 1 pound lean ground beef or chicken
- ½ cup rice, uncooked
- ¼ cup cilantro, finely chopped
- 2 scallions, finely chopped
- 1 garlic clove, minced
- 1 large egg, lightly beaten
- ½ teaspoon cumin
- ¼ teaspoon dried oregano
- 1 teaspoon kosher salt
- ¼ teaspoon paprika
- ¼ teaspoon chili powder

For the Soup

- 2 tablespoons canola oil
- ½ small brown onion, chopped
- 2 Roma tomatoes, roughly chopped
- 1 clove garlic, crushed
- Kosher salt and pepper to taste
- ½ teaspoon ground chipotle pepper
- 1 quart chicken stock
- 1 cup water
- Prepared Albondigas
- 1 cup carrots, peeled and sliced
- 1 zucchini, halved and sliced
- Handful of fresh cilantro leaves, chopped
- Juice of 1 lime or ½ lemon