

Albondigas

Ingredients

1 lb Ground Beef
1 Egg
2 t Garlic (minced)
1 c Cilantro
1 1/2 t Cumin
1/2 t Salt
1/4 t Ground Black Pepper
1/2 c Rice (cooked)
2 T Olive Oil
4 c Chicken Broth
1 Carrot (sliced)
1 Celery (sliced)
16 oz Diced Tomatoes (canned)
1 t Oregano
1 Potato (peeled and diced)

Instructions

1. Combine ground beef, egg, garlic, $\frac{1}{2}$ cup fresh cilantro chopped, 1 teaspoon cumin, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and cooked rice. Form 20-24 tight meatballs by rolling between your palms, about $1\frac{1}{2}$ inches wide.

2. In the soup pot add olive oil and turn the burner onto medium heat. Brown on all sides in the pot for a few minutes. Set aside. Pour out the oil from the pot.

3. Add chicken broth, carrot, celery, diced tomatoes, $\frac{1}{2}$ teaspoon cumin, oregano, and $\frac{1}{2}$ cup fresh cilantro leaves. Bring to a boil, and reduce heat to a mild simmer for 10 minutes.

4. Drop meatballs and diced potato in the soup and slightly boil so that the meatballs cook quickly. Return to simmer and cook another 20 minutes. Salt

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and pepper to taste. Enjoy warm topped with some fresh cilantro.