

Albondigas

Ingredients

1 lb Ground Beef
1 Egg
2 t Garlic (minced)
1 c Cilantro
1 1/2 t Cumin
1 1/2 t Salt
1/2 t Ground Black Pepper
1/2 c Rice (cooked)
2 T Olive Oil
4 c Chicken Broth
1 Carrot (sliced)
1 Celery (sliced)
14 1/2 oz Diced Tomatoes (canned)
1 t Oregano
1 Potato (peeled and diced)

Instructions

1. Combine ground beef, egg, garlic, 1/2 cup cilantro, 1 teaspoon cumin, 1 teaspoon salt, 1/4 teaspoon pepper, and cooked rice. Form 25 tight meatballs by rolling between your palms, about 1 1/2 inches wide.

2. In the soup pot add olive oil and turn the burner onto medium heat. In two batches brown meatballs on both sides then transfer to a plate. Repeat with second batch then set aside. Pour out the oil from the pot except 1 tablespoon.

3. Add carrot, celery, and potatoes then season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Scrape up the brown bits and saute for a few minutes until vegetables are softened.

4. Add chicken broth, diced tomatoes, 1/2 teaspoon cumin, and oregano. Bring to a boil, and reduce

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heat to a simmer for 10 minutes.

5. Add meatballs and their juices to the soup and simmer for another 20 minutes. Add 1/2 cup of cilantro and mix well. Additional salt and pepper to taste, if needed. Enjoy immediately.