Albondigas Soup (Meatball Soup)

Description

Enjoy this classic Albondigas Soup (Caldo de Albóndigas) family recipe. This traditional Mexican meatball soup is made with a light beef broth, vegetables and wonderful miniature meatballs that combine ground beef, pimientos, cilantro, cumin and garlic.



Summary

Yield: 8
Prep Time: 30 minutes
Category: Soups
Cuisine: Mexican

Ingredients

- 1 lb extra-lean ground beef
- 2 eggs, beaten
- 1/2 can pimientos, chopped
- 1/2 cup cilantro, chopped
- 2 cloves garlic, minced
- 2 qts beef broth
- 1 brown onion, chopped
- 2 carrots, chopped
- 2 zucchini, diced
- 1/3 head of cabbage, sliced
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1 dash freshly ground black pepper
- 1 dash cayenne pepper (optional)

Albondigas Soup (Meatball Soup)

Instructions

In a large bowl, mix the ground beef, eggs, pimiento, cilantro, garlic, cumin, salt and pepper. The mixture will be soft. From into 1 inch diameter balls.

Heat the beef broth in a large soup pot and bring to a full boil. Lower meatballs gently into the boiling broth, a few at a time. Allow the broth to come back to a boil. Skim any foam off the surface.

Add the onion, carrots and zucchini to the soup. Bring back to a boil, then reduce the heat. Add a dash of cayenne pepper if you like the extra punch. Simmer uncovered for 25 minutes.

Add the cabbage and cook another 5 minutes. Add salt to taste if needed.

Makes about 8 servings.

Notes

You can substitute chicken broth for the beef broth if you prefer. For another nice variation, try adding some mint as suggested by this Albondigas Soup recipe at Simply Recipes