

Mexican Meatball Soup



Mexican Meatball Soup (Albondigas Soup) is a hearty and comforting dish packed with flavorful ingredients. This traditional Mexican soup features tender, spiced meatballs made from a mixture of ground beef and rice, simmered in a savory broth loaded with vegetables such as carrots, zucchini, and potatoes. The combination of fresh herbs, like cilantro and mint, gives the soup a refreshing balance, while the rich tomato-based broth ties all the flavors together. Perfect for cooler days or when you're craving a warm, homemade meal, this dish is satisfying and nourishing.

Mexican Meatball Soup (Albondigas Soup) Recipe

Ingredients:

- 1 lb ground beef
- 1/3 cup uncooked white rice
- 1 egg
- 2 cloves garlic, minced
- 1/4 cup fresh cilantro, chopped (plus extra for garnish)
- 1/4 cup fresh mint, chopped (optional)
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 large carrot, peeled and sliced
- 2 medium potatoes, peeled and cubed
- 1 zucchini, sliced
- 4 cups chicken broth
- 2 cups water
- 1 (14.5 oz) can diced tomatoes
- 1 tablespoon tomato paste
- 1 bay leaf
- Lime wedges (for serving)

Instructions:

1. **Prepare the meatballs:** In a large bowl, combine the ground beef, rice, egg, garlic, cilantro, mint (if using), cumin, oregano, salt, and pepper. Mix well and form the mixture into small meatballs, about 1 inch in diameter. Set aside.
2. **Cook the vegetables:** In a large pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion and cook for 3-4 minutes until softened. Stir in the carrots and cook for another 2 minutes.
3. **Build the broth:** Add the chicken broth, water, diced tomatoes, tomato paste, and bay leaf to the pot. Stir well and bring the mixture to a simmer.
4. **Add the meatballs:** Gently drop the meatballs into the simmering broth, one at a time. Cover the pot and let the soup simmer for about 20 minutes, allowing the meatballs to cook through and the flavors to meld.
5. **Add the potatoes and zucchini:** Stir in the potatoes and cook for an additional 10 minutes. Finally, add the zucchini and continue simmering until the vegetables are tender and the meatballs are fully cooked, about 10 more minutes.
6. **Serve:** Remove the bay leaf and ladle the soup into bowls. Garnish with extra chopped cilantro and serve with lime wedges on the side for added flavor.

Enjoy your warm and hearty Mexican Meatball Soup with a side of tortillas or crusty bread!