

Albóndigas Soup

<http://userealbutter.com/2011/12/01/mexican-meatball-albondigas-soup-recipe/>
from *The Border Cookbook* by Cheryl Alters Jamison and Bill Jamison

soup

1 tbsp vegetable oil
1/2 medium onion, chopped
3 cloves garlic, minced
1/2 tsp dried oregano, preferably Mexican
1/4 tsp cumin seeds, toasted and ground (or ground cumin)
6 cups beef stock
2 cups crushed tomatoes
1 canned chipotle chile plus 1-2 tsps adobo sauce
2 carrots, grated
1 tsp salt
1/2 cup grated zucchini
1/4 cup uncooked rice

albóndigas

1/2 lb ground beef
1/4 lb bulk chorizo or ground pork
1/4 cup grated zucchini
1 egg
1 clove garlic, minced
1 stale small corn tortilla, processed to crumbs
1 tbsp fresh cilantro, minced
1/2 tsp salt
1/4 tsp cumin seeds, toasted and ground (or ground cumin)
1/4 tsp dried oregano, preferably Mexican

Heat the vegetable oil in a large stock pot over medium heat and sauté the onion, garlic, oregano, and cumin until onions are soft. Add the beef stock, tomatoes, chipotle, carrots, and salt. Bring to a boil then reduce to a simmer (medium-low heat) for 20 minutes.

Make the albóndigas: Combine all of the meatball ingredients in a bowl and mix well. Pinch off about a tablespoon of filling and roll it into a ball about 3/4-inch in diameter. Bring 2-3 inches of water to a boil in a medium to large saucepan. Add the meatballs and boil for 3-4 minutes (this is for reducing some of the grease). Drain the meatballs and discard the water. Add the meatballs, zucchini, and rice to the soup and simmer for another 30 minutes. Serve hot and garnish with chopped fresh cilantro and mint. Serves 6.