

Albóndigas (Meatball Soup)

INGREDIENTS:

FOR BROTH:

3 qt. water
1 whole white onion
2 ripe tomatoes, minced
3 green onions, chopped
½ cup fresh cilantro
(Substitute fresh parsley or 1
teaspoon dried coriander).

2 tsp dried oregano
(You can add an additional tbsps
to the meatball mix as well).

FOR MEATBALLS:

2 lb ground chuck, 90% lean
½ cup garlic puree

1 egg
1 tsp salt, or to taste
1 tsp ground black pepper
½ cup flour (or 1 slice wet bread)
6 to 8 fresh mint leaves,
chopped (optional)
¼ cup uncooked rice (optional)



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DIRECTIONS:

In an 8-quart stock pot, bring water to the boil. Add onion. Meanwhile, in a large bowl, mix ground chuck with remaining meatball ingredients, including the rice and mint, if desired. Form mixture into balls the size of walnuts. Carefully add meatballs to boiling water, reduce heat and simmer 30 minutes, skimming off froth frequently.

NOTITA: Try to use fresh mint for this one. It really makes a difference.

About 15 minutes before soup is finished, add tomatoes, green onions, cilantro and dried oregano. Taste and adjust seasoning. Serve as a first course with 3 meatballs or as a main meal with more meatballs.

LOW FAT NOTITA: Reduce fat and calories by substituting ground turkey for beef and using egg whites or egg substitute in place of whole eggs.

Serves 6-8

About Albóndigas: *"Albóndigas is the only soup we make that does not call for stock. The simmering meatballs create their own stock. Note that if you use frozen and defrosted ground beef, the meatballs tend to turn pink. I like to serve Albóndigas as a first course by placing 3 meatballs into a small soup bowl and ladling the broth over them. As a main course, I usually serve 6 meatballs, with a side dish of Frijoles Refritos and corn or flour tortillas."* ~ Chef Carlotta Flores