

Albondigas

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-albondigas-soup-recipe>

Ingredients:

- 1 quart water
- 4 carrots sliced
- 2 potatoes small, peeled and diced
- 1 onion medium, diced
- 1 1/2 cups salsa medium or hot
- 2 beef bouillon cubes
- 1 1/2 pounds ground beef
- 1/3 cup dry bread crumbs seasoned
- 1/3 cup milk
- chopped fresh cilantro optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 7 grams
8. Sodium: 750 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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