

Easy Mexican Meatball Soup or Albondigas Soup

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1 small yellow onion diced
- 1 carrot peeled and sliced
- 1 poblano chile seeded and diced
- 2 teaspoons oregano leaves dried Mexican
- 1/2 teaspoon cumin
- 1 zucchini seeded and diced
- 1 can diced tomatoes drained
- 4 cups chicken stock
- 1 cup water
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper optional
- 1 meatballs recipe Mexican, on Everyday Southwest or 1 pound frozen meatballs
- 1 cup corn kernels optional
- 3 cups cooked rice
- 1 tortilla chips snack size back, garnish, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1130 milligrams

9. Sugar: 8 grams

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