

Albondigas Soup (Mexican Meatball Soup)

Yield: 7 min
Total Time: 65 min

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

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 onion large, chopped
- 1 large garlic cloves minced
- 2 quarts chicken stock or beef stock
- 1 quart water
- 1/2 cup tomato sauce
- 1/2 pound green beans strings and ends removed, cut into 1 inch pieces
- 2 large carrots peeled and sliced
- 1/3 cup white rice raw
- 1 pound ground beef
- 1/4 cup fresh mint leaves loosely packed, chopped
- 1/4 cup chopped parsley loosely packed
- 1 egg
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 dash cayenne optional
- 1 1/2 cups fresh peas or frozen
- 1 teaspoon dried oregano crumbled, or 1 Tbsp fresh chopped oregano
- salt
- pepper
- 1/2 cup fresh chopped cilantro

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 85 milligrams
4. Fat: 18 grams

5. Fiber: 5 grams
 6. Protein: 25 grams
 7. SaturatedFat: 5 grams
 8. Sodium: 1160 milligrams
 9. Sugar: 12 grams
 10. TransFat: 0.5 grams
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