

# Mexican Masa Ball Soup (Corn Dumplings in Chicken Soup)

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-masa-recipe>

## Ingredients:

- 1 cup masa para tamales
- 1/4 cup olive oil or lard, or substitute butter at room temp
- 1/4 cup seltzer water
- 4 eggs beaten
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- ground black pepper
- 3 quarts chicken broth
- 2 medium carrots diced
- 2 celery ribs, diced
- 2 russet potatoes medium, peeled and diced
- 1/4 cup cilantro leaves
- 1 jalapeño pepper optional
- limes optional: fresh, cut into wedges

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 210 milligrams
4. Fat: 27 grams
5. Fiber: 7 grams
6. Protein: 27 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1070 milligrams
9. Sugar: 6 grams

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