

# Slow Cooker Mexican Meatball Soup

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 2 cans reduced sodium fat free chicken broth 14 ½ oz, 435 ml each
- 2 cups tomato juice
- 2 cups water
- meatballs Mexican, see recipe below
- 2 medium zucchini sliced
- 1/2 cup chopped onion
- 1/2 cup carrots chopped
- 2 cloves garlic peeled and minced
- 1 jalapeno chili small, seeded, veins discarded and minced
- salt
- freshly ground black pepper
- 1 pound ground beef
- 1/4 cup cooked white rice
- 1/3 cup finely chopped onion
- 1 clove garlic peeled and minced
- 1/2 teaspoon dried mint and oregano leaves
- 1/2 teaspoon ground cumin
- salt and 1/4 teaspoon freshly ground black pepper

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams

8. Sodium: 500 milligrams
  9. Sugar: 10 grams
  10. TransFat: 1 grams
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