

# Mexican Meatball Soup

Yield: 4 min  
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-mexican-chicken-vegetable-soup-recipe>

## Ingredients:

- 1 pound lean ground beef
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup yellow onion chopped
- 1/4 cup long grain rice
- 11 cups water
- 1 tablespoon salt
- 1 tablespoon olive oil
- 1/4 cup long grain rice
- 2 tomatoes large, chopped
- 4 cloves garlic chopped
- 3 potatoes cubed
- 1 large carrot peeled and sliced
- 2 celery stalks chopped
- 1/4 cup tomato sauce
- 1/4 teaspoon coriander seeds crushed
- 4 tablespoons chopped cilantro
- cilantro optional
- lemon wedge optional

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 70 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 31 grams

7. SaturatedFat: 3 grams
  8. Sodium: 2570 milligrams
  9. Sugar: 7 grams
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