

Albondigas (Mexican Meatball) Soup

Yield: 5 min
Total Time: 42 min

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

Ingredients:

- 1 pound lean ground beef
- 1 onion 1/2 chopped and half grated
- 1/3 cup long grain rice
- 1 egg beaten
- 1/4 cup fresh cilantro chopped plus more for garnish
- 1 tablespoon Mexican oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon red chile powder
- kosher salt
- cracked black pepper Fresh
- 2 tablespoons olive oil
- 3 cloves garlic minced
- 2 tablespoons tomato paste
- 2 carrots diced
- 2 stalks celery diced
- 1 russet potato large, peeled and chopped into 1 inch cubes
- 1 whole serrano chile pierced with a knife
- 14 1/2 ounces fire roasted tomatoes
- 8 cups vegetable stock
- 2 zucchini diced
- 3 limes 1 lime zested and juiced, 2 cut into wedges for serving

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 100 milligrams
4. Fat: 11 grams

5. Fiber: 7 grams
 6. Protein: 26 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 1930 milligrams
 9. Sugar: 11 grams
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