

Albondigas Soup (Meatball Soup)

Description

Enjoy this classic Albondigas Soup (Caldo de Albóndigas) family recipe. This traditional Mexican meatball soup is made with a light beef broth, vegetables and wonderful miniature meatballs that combine ground beef, pimientos, cilantro, cumin and garlic.

Ingredients

- 1 lb extra-lean ground beef
- 2 eggs, beaten
- 1/2 can pimientos, chopped
- 1/2 cup cilantro, chopped
- 2 cloves garlic, minced
- 2 qts beef broth
- 1 brown onion, chopped
- 2 carrots, chopped
- 2 zucchini, diced
- 1/3 head of cabbage, sliced
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1 dash freshly ground black pepper
- 1 dash cayenne pepper (optional)

Instructions

In a large bowl, mix the ground beef, eggs, pimiento, cilantro, garlic, cumin, salt and pepper. The mixture will be soft. Form into 1 inch diameter balls.

Heat the beef broth in a large soup pot and bring to a full boil. Lower meatballs gently into the boiling broth, a few at a time. Allow the broth to come back to a boil. Skim any foam off the surface.

Add the onion, carrots and zucchini to the soup. Bring back to a boil, then reduce the heat. Add a dash of cayenne pepper if you like the extra punch. Simmer uncovered for 25 minutes.



Summary

Yield: 8

Prep Time: 30 minutes

Category: Soups

Cuisine: Mexican

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Add the cabbage and cook another 5 minutes. Add salt to taste if needed.

Makes about 8 servings.

Notes

You can substitute chicken broth for the beef broth if you prefer. For another nice variation, try adding some mint as suggested by this [Albondigas Soup recipe at Simply Recipes](#)