KitchenBooQ

# Albondigas (Mexican Meatball Soup)

Serves: 6 | Cooking Time 1 hour 15 minutes | Level: Capable



## INGREDIENTS

1 lb (450 g) lean ground beef
1/2 cup (60 g) fine dry breadcrumbs
1 large egg
3 cloves garlic, minced
1 tsp dried oregano
1/2 tsp salt plus more for seasoning
1/4 tsp black pepper
2 tbsp olive oil
1 medium onion, diced
8 cups (1.9 L) low-sodium beef broth
1 can (28 oz [794 g]) crushed tomatoes
3 medium carrots, sliced into rounds
1 medium zucchini, chopped
1 cup (100 g) green beans, trimmed and cut into 1-inch pieces
1 tsp ground cumin
1/2 cup (30 g) fresh cilantro, chopped plus more for garnish

Notes
For best results, do not overmix the meatball mixture or they will become tough. If you prefer a thicker soup, mash 2 of the carrots against the side of the pot during the last 10 minutes of cooking. This dish contains meat and broth, so cool it completely within 2 hours before transferring to shallow airtight containers and refrigerating immediately. Never store this soup at room temperature or leave it out for more than two hours due to food safety risks with ground beef. Refrigerate up to 4 days or freeze up to 3 months. Reheat gently on the stove over medium heat, adding a splash of water if needed.

## PREPARATION

1. In a large mixing bowl, combine the ground beef, breadcrumbs, egg, minced garlic, oregano, salt, and black pepper. Mix gently with your hands until just combined, then roll into approximately 24 meatballs about 1 inch in diameter.

2. Heat olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the diced onion and cook, stirring occasionally, until softened and translucent, about 5 minutes.

3. Pour in the beef broth and crushed tomatoes. Stir in the cumin and bring the mixture to a gentle boil over medium-high heat.

4. Carefully drop each meatball into the simmering broth one at a time using a spoon or your fingers. Reduce the heat to medium-low, partially cover the pot with a lid, and let it simmer for 15 minutes without stirring.

5. Add the sliced carrots, chopped zucchini, and green beans directly into the broth. Continue simmering uncovered until the vegetables are tender and the meatballs are fully cooked through, about 20 minutes.

6. Remove from heat and stir in the chopped cilantro. Taste the broth and add additional salt if needed. Ladle the soup into deep bowls and garnish with fresh cilantro before serving.