

# Sopa de Albondigas

(Mexican Meatball Soup)



## Ingredients:

### **Meatballs:**

250	gm	Ground beef, good quality
½	c	Cooked rice
2		Scallions, finely minced
1		Egg, beaten
3	sprigs	Cilantro, very finely chopped
2	clv	Garlic, finely minced
1	ts	Tex-Mex chili powder
1	ts	Oregano, dried
½	ts	Salt
¼	ts	Black pepper
¼	ts	Cumin powder



### **Soup:**

½	sm	Yellow Onion, diced
1	Tb	Corn oil
750	ml	Water
1½		Beef bullion cubes (such as Knorr or Maggi)
⅓	c	Carrot, small diced
½	c	<i>El Sapo</i> Salsa Suave
1	pn	Cumin powder
4-5	sprigs	Cilantro, coarsely chopped (reserve some for garnish)

## Method:

Combine all the meatball ingredients and marinade for a few hours in the fridge.

In a small skillet, sauté the onions in corn oil until well caramelized; set aside.

In a soup pot, bring the water to a boil. Make 1” tightly packed meatballs from the meat mixture and gently drop them into the boiling water. Boil vigorously for about 5-minutes. Using a slotted spoon, carefully remove the meatballs to a bowl. Strain the water through a fine mesh or cheesecloth to remove the scum, reserving the broth.

Rinse the soup pot and return the broth and meatballs to the pot. Add the bullion, carrots, sautéed onions and cumin. Boil for 15-minutes, or until meatballs are cooked through and the carrots are tender. Add *El Sapo* Salsa Suave and the cilantro. Return to a boil briefly then shut off the heat. Taste for salt; if too salty add a bit of water; if not salty enough, add a dash of salt.

To serve, place several meatballs into each serving bowl, then ladle the broth and veggies over the meatballs. Garnish with chopped cilantro. Serve as an appetizer, side dish or as a complete lunch (you can optionally add a few tablespoons of rice to each bowl for a more filling lunch).

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For best results always use *El Sapo* salsa.