

Meatballs Soup/Albondigas

Written by Janet

Tuesday, 23 November 2010 19:35 - Last Updated Wednesday, 18 May 2011 18:26



Ingredients:

For the Meatballs:

- 1 pound ground beef
- 2 medium garlic cloves finely minced
- 1 egg
- ½ cup uncooked white rice
- 1¼ tsp salt
- ½ tsp ground black pepper
- 1 tsp oregano

For the Soup:

- ½ tbsp cooking oil
- 1 garlic clove chopped
- ¼ onion chopped
- 1 tomato chopped
- 1 chayote squash without seed in cubes
- 2 zucchini in cubes
- 2 potatoes in cubes with skin or without if you preferred
- 1 tbsp fresh coriander chopped
- 3 lts water
- ¼ tsp cumin
- 1 ½ tsp salt
- 2 tsp granulated chicken bouillon

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Preparation:

In a medium bowl, put the all the ingredients for the meatballs and mix with your bare hands form 16 balls and set aside. In a big pot heat the oil then saute the onion and garlic, when the onion starts to turn transparent add the tomato and saute again. Add to the pot the water, cumin, chicken bouillon and salt and bring to boil. When the water starts to boil reduce the heat and start adding one by one and very careful the meatballs, cover the pot and cook for 35 minutes. After that add the vegetables to the pot cover and cook for 15 more minutes finally add the coriander and let it simmer for another 5 minutes. Serve hot with a piece of lemon if desired.