

Mama39s OldFashioned Albondigas Meatball Soup

Oscar · 29/09/2024



Prep Time

1 hr 25 mins

Dificult

Medium

Servings

12

Description

This is my numberone soup recipe perfect for a cold rainy day handed down to me by my mother I hope you all enjoy it as much as my family has

Ingredients

- - 1 gallon water - 3 cups tomato sauce - 1 yellow onion
- quartered - 4 tablespoons chicken bouillon (such as Knorr®) - 3 cloves garlic
- minced - 1 tablespoon dried oregano - 3 pounds lean ground beef - 3 eggs - ½ cup tomato sauce - ¼ cup uncooked white rice - ¼ cup chopped fresh cilantro (Optional) - 1 tablespoon seasoned salt (such as Season-All®) - 1 tablespoon dried oregano leaves - ½ teaspoon onion powder - ½ teaspoon garlic powder - ¼ teaspoon ground black pepper - ¼ teaspoon ground cumin - 10 small baby potatoes - 5 large carrots
- sliced diagonally - 5 stalks celery
- sliced diagonally - 2 zucchini
- chopped - 2 cups thickly shredded green cabbage - 1 lemon
- sliced into wedges (Optional) - 2 avocados
- chopped (Optional) - ¼ cup chopped fresh cilantro (Optional)

Instructions

1. Pour water into a large stockpot over high heat. Stir in 3 cups tomato sauce
2. yellow onion
3. chicken bouillon
4. garlic
5. and 1 tablespoon dried oregano. Bring broth to a slow boil. Combine ground beef
6. eggs
7. 1/2 cup tomato sauce
8. white rice
9. 1/4 cup cilantro
10. seasoned salt
11. 1 tablespoon dried oregano
12. onion powder
13. garlic powder
14. black pepper
15. and cumin in a large bowl. Squeeze mixture with your hands until thoroughly mixed. Scoop 1/4 cup of beef mixture and form in a ball. Lower gently into boiling broth. Repeat with remaining beef mixture. Stir potatoes
16. carrots
17. and celery into the broth. Cover and simmer until meatballs and potatoes are tender
18. about 30 minutes. Stir in zucchini and cabbage. Cover and simmer until cabbage is tender
19. about 10 minutes. Serve with a squeeze of lemon juice and garnish with avocado and 1/4 cup cilantro.
Recipe Tips The vegetables can be varied to your liking. Try corn
20. bell peppers
21. squash
22. etc. Lean ground beef is preferred for a healthier
23. less fatty stock. For a richer stock
24. use chicken broth instead of the water and chicken bouillon.