

Albondigas Soup Recipe

This delectably light yet satisfying recipe is sure to spark your child's interest in cooking, as she hones her chopping skills and works her magic to make miniature rice-filled meatballs. This popular Mexican dish is perfect for any Cinco de Mayo celebration.

What You Need:

- 2 tablespoons extra virgin olive oil
- 1 large sweet yellow onion, chopped
- 2 cloves garlic, minced
- 14.5 oz. can stewed tomatoes
- 6 cups organic chicken stock
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ½ teaspoon sea or Kosher salt
- ¼ teaspoon pepper
- 2 zucchinis, diced
- 4 large carrots, diced
- ½ cup cilantro, chopped
- Cayenne pepper
- 1 ½ lb. lean ground beef
- 1/3 cup raw, long grained white rice
- 1 egg
- ¼ cup fresh parsley, chopped
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- ½ teaspoon sea or Kosher salt
- ¼ teaspoon pepper



What You Do:

1. Prepare the soup in a large stockpot by heating the oil over medium high heat.
2. Have your child add the onion and garlic and cook for three minutes.
3. To that, add the chicken stock, tomatoes, zucchini, carrots, basil, oregano, cumin, chili powder, salt and pepper. Don't be afraid to experiment with this recipe. If your family doesn't care for zucchini, use cabbage, green beans or peas instead. If carrots aren't popular, then try red bell pepper or corn to add sweetness and color.
4. Cover, bring to a boil and reduce heat to a simmer.
5. Be sure to wash your hands so that you can prepare the meatballs. Combine the beef, rice, egg, parsley, basil, oregano, cumin, salt and pepper in a mixing bowl by hand.
6. Roll the mixture into mini meatballs, smaller than the size of a golf ball. You should be able to make about 32-34 meatballs in total.
7. Drop them into the pot all at once, cover and simmer for 40-45 minutes, until the rice is tender.
8. Time to serve the soup! Ladle some into a bowl and top with fresh cilantro and a dash of cayenne pepper.

Note: Since we use rice instead of breadcrumbs in the meatballs, this is a great dish for family members who are sensitive to gluten. Just be sure to use gluten-free chicken stock and stewed tomatoes and you're good to go!

© Copyright 2006-2012 Education.com All Rights Reserved.