



*Tender meatballs nestled in a beefy broth
bursting with flavor and goodness.
You will love my take on a
Mexican classic.*



Albondigas (Mexican Meatball Soup)

Ingredients

½ yellow onion, diced
½ green bell pepper, diced
1 to 1 ½ Tbsp. vegetable oil
3 cloves garlic, chopped
1 c. red wine (Pino Noir)
8 oz. can tomato sauce
4 oz. can diced green chilies
4 tsp. beef base (in a jar)
6 c. water
1 ½ tsp. ground cumin
1 tsp. garlic powder
1 tsp. onion powder
1 ½ tsp. paprika
1 tsp. Mexican oregano
¼ tsp. chili powder
1 to 2 Tbsp. cilantro, chopped
1 lb. ground turkey
1/3 c. seasoned bread crumbs
¼ c. quinoa (cooked)
2/3 c. frozen mixed vegetables (peas, carrots & green beans)
Salt & pepper, to taste

Method

Heat vegetable oil in large soup pot (I actually used my deep braising pan for this). Add diced onions and bell peppers to the pot and sprinkle with a little salt

and pepper. Let cook for a few minutes, stirring occasionally until onions become opaque.

Add garlic. Stir and cook for about 30 seconds (don't let the garlic brown).

Pour in wine. Stir and bring to a low boil. Lower heat slightly and let simmer until reduced by one third.

Add diced green chilies and tomato sauce.

Raise heat a little and whisk in beef base and water. Add ground cumin, garlic powder, onion powder, paprika, Mexican oregano, chili powder and cilantro. Stir or whisk and bring just to a boil. Reduce heat slightly and let simmer while preparing the meatballs.

In a large bowl, combine ground turkey, seasoned bread crumbs and cooked quinoa. Mix well with your hands. Form small meatballs, about 1 inch in size (I used a melon baller for this). Drop each meatball into the soup as you go. Once all the meatballs have been added, stir in frozen mixed vegetables.

Stir and bring to a boil. Cover and reduce to simmer for about 45 minutes, stirring occasionally. Serve hot.