

# Albondigas (Mexican Meatball Soup)

Authentic Mexican Albondigas soup with tender beef meatballs, fresh vegetables, and rich tomato broth. A hearty, comforting meal ready in 50 minutes.

20 min

PREP

30 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb ground beef
- 1 cup rice
- 1 egg
- 4 clove garlic
- 3 tbsp mint
- 1 tsp cumin
- 1 tbsp olive oil
- 6 cup beef broth
- 1 onion
- 1 cup carrot
- 1 cup potato
- 1 cup pea
- 1 tsp oregano
- 2 tbsp cilantro (coriander)
- 1 tsp salt
- 1 tsp black pepper

## Instructions

### 1 Make the meatballs

Combine 1 lb ground beef, 1 cup breadcrumbs, 1 egg, 4 minced garlic cloves, 1 tsp ground cumin, 3 tbsp chopped mint leaves, 1 tsp salt, and black pepper in a large bowl. Mix gently with your hands until just combined, about 30 seconds.

- 2 Roll the mixture into 20-24 meatballs, each about 1.5 inches in diameter. Place on a plate and set aside.
- 3 **Start the soup base**

Heat 1 tbsp olive oil in a large pot over medium heat (175°C/350°F). Add 1 diced onion and cook until soft and translucent, about 4-5 minutes, stirring occasionally.
- 4 Add 1 cup diced carrots and 1 cup diced potatoes to the pot. Cook for 5 minutes, stirring occasionally, until the carrots begin to soften.
- 5 **Build the broth**

Stir in 1 cup salsa, 1 tsp ground cumin, and 2 tbsp tomato sauce. Cook for 2 minutes until fragrant and the mixture darkens slightly.
- 6 Pour in 6 cups beef broth and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer for 8 minutes until the vegetables start to become tender.
- 7 **Cook the meatballs**

Gently drop the meatballs into the simmering soup one at a time. Do not stir for the first 3 minutes to allow the meatballs to set.
- 8 Gently stir the soup and continue simmering for 12-15 minutes until the meatballs are cooked through and the vegetables are tender when pierced with a fork.
- 9 **Finish and serve**

Add 1 tsp dried oregano and season with salt and black pepper to taste. Simmer for 2 more minutes to blend the flavors.
- 10 Ladle the soup into bowls and serve immediately while hot.

## Tips

Keep meatballs uniform in size (about 1.5 inches) so they cook evenly. Using a small cookie scoop helps achieve consistent portions.

Don't overmix the meatball mixture - this can make them tough. Mix just until ingredients are combined.

Brown the meatballs lightly before adding to the soup for extra flavor and to help them hold together better.

Add delicate vegetables like peas in the last few minutes of cooking to prevent them from becoming mushy.

Let the soup simmer gently rather than boiling vigorously to keep meatballs tender and prevent them from breaking apart.

Taste and adjust seasoning at the end - the saltiness of broth can vary between brands.

Fresh mint makes a significant difference in flavor compared to dried - seek it out for the most authentic taste.

If the soup becomes too thick during storage, thin it with additional broth when reheating rather than water to maintain flavor.