



MEXICAN

Sopa de Albóndigas

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	40 min	Simmer	Ground beef

Ingredients

MEATBALLS

- 500 g (1 lb) ground beef
- 50 g (¼ cup) uncooked long-grain rice
- 1 egg
- 2 tbsp chopped fresh mint (or 1 tsp dried)
- 2 cloves garlic, minced
- 1 tsp salt
- ½ tsp ground cumin
- ½ tsp black pepper

BROTH

- 1 tbsp vegetable oil
- 1 onion, chopped

BROTH (CONT.)

- 3 cloves garlic, minced
- 400 g (14 oz) canned crushed tomatoes
- 1 chipotle in adobo, minced (optional)
- 1.5 litres (6 cups) beef stock
- 2 carrots, sliced into rounds
- 2 zucchini (courgettes), diced
- 2 potatoes, peeled and diced
- 1 tsp dried oregano
- Salt, to taste
- To serve: chopped coriander (cilantro), lime wedges, diced avocado

Steps

1. Mix the beef, rice, egg, mint, garlic, salt, cumin and pepper gently until just combined. Roll into 24 balls about 3 cm (1¼ in) wide.
2. Heat the oil in a large pot over medium heat. Cook the onion for 5 minutes until soft, then add the garlic for 1 minute.
3. Add the tomatoes and chipotle and cook for 5 minutes until the tomatoes darken and thicken.
4. Pour in the stock and bring to a boil. Add the carrots, potatoes and oregano and lower to a gentle simmer.
5. Drop in the meatballs one by one without stirring. Cover and cook for 15 minutes until they firm up and float.
6. Add the zucchini and cook for 8 to 10 minutes more, until the vegetables are tender and a meatball cut open shows no pink and reads 71°C (160°F). The rice inside should be soft.
7. Taste and add salt as needed.
8. Ladle into bowls and top with coriander, a squeeze of lime and avocado.

Notes

- **Make ahead:** the soup keeps 3 days; the rice swells, so add stock when reheating.
- **Even meatballs:** wet your hands as you roll so the mixture does not stick, and keep the balls the same size so they cook together.
- **Serving:** warm tortillas on the side.

- **Freezer:** freeze without the avocado for up to 3 months; the potatoes soften a little. Thaw overnight and reheat until steaming hot, 74°C (165°F).