

Caramelo Covered-Dish Luncheon

Albondigas Soup

Recipe adapted from simplyrecipes.com
copies

Distribute only 10

Serves 6-8

Shopping list:

- tomato sauce
- 1½ chicken stock
- onion
- garlic
- carrots
- string beans
- 1 pound ground beef
- white rice
- fresh mint (preferred) or parsley
- frozen peas
- cilantro

Ingredients:

Broth:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- ½ cup tomato sauce
- 1½ quart chicken broth
- 1½ quart water
- 2 large carrots, peeled and sliced
- ½ pound of string beans, cut into 1 inch pieces
- 1½ cup frozen peas
- Dried oregano, crumbled
- Salt and pepper
- ½ cup chopped fresh cilantro

Meatballs:

- 1 pound ground beef
- 1/3 cup raw white rice
- 1 egg
- ½ cup chopped fresh mint and/or parsley
- 1½ teaspoon salt
- ¼ teaspoon black pepper
- dash freshly grated black pepper

Method:

1. Heat oil in soup kettle or large sauce pan over medium heat. Add onion and minced garlic. Sauté until tender about 5 minutes. Add tomato sauce, broth and water. Bring to a boil. Add carrots and string beans. Simmer gently.
2. Prepare meatballs. Mix rice into meat, adding mint and/or parsley, salt and pepper. Add egg. Form into 1 inch meatballs.
3. With soup at gentle simmer, add meatball to soup. Cover and let simmer for 25 minutes. Add peas and a few pinches of oregano and salt and pepper to taste.
4. Garnish soup with chopped fresh cilantro.