



Albondigas Soup (Mexican Meatball)

Ingredients:

- 2 Tbsp oil
- 2 cups chopped onions
- 2 carrots, sliced
- 2 stalks celery chopped
- 1 cup brown rice (see below)
- 9 cups beef stock (see below)
- 2 bay leaves
- 1 28-oz can diced tomatoes
- ½ cup hot chunky salsa
- 1½ lb frozen meatballs (see below)
- ½ cup cilantro, chopped
- salt and pepper

Instructions:

1. Heat oil in large soup pot. Sauté onions until translucent, about 5 minutes. Add carrots, celery, and rice. Stir and continue cooking for about 2 - 3 minutes.
2. Add remaining ingredients.
3. Bring to simmer, cover, and simmer for about 45 minutes or until the rice is tender.
4. Remove bay leaves and season with salt and pepper if needed.
5. Makes 8 servings