



### Albondigas Soup (Mexican Meatball Soup)

*My mother-in-law Elena Alcalay grew up in Mexico City, this is her traditional family recipe for the most delicious and comforting meatball soup, trust me your family will enjoy this as much as mine! Tastes even better the next day.*

*This is a hearty main course meal, the tomato-base is less of a soup, and more like a sauce.*

*Serve with crusty bread to clean up all the leftover goodness in your bowl.*

Active Time: 20 minutes

Total Time: 1 hour and 30 minutes

Yield: 6 – 8 servings

#### Ingredients:

2 yellow onions, finely chopped  
4 pounds ground beef (80% meat, 20% fat)  
3 eggs  
3 cans of Tomato paste (6 oz. size)  
4 large red potatoes (peeled and cut into 2 inch cubes)  
2 Bay Leaves  
9 cups of water  
Salt and Pepper to taste  
Olive oil  
2 bay leaves

1. Add 2 tablespoons olive oil in a sauté pan, on medium high heat add onions and cook until tender and lightly browned. Set aside and allow to cool to room temp.
2. Add all of the ground beef in a large bowl. Add 3 eggs. With your clean hands, slowly incorporate the eggs into the beef by gently kneading it. Takes about 5 minutes.
3. Add the cooled onions, 3 teaspoons salt and 2 teaspoons pepper, and mix into the beef with your hands.
4. Form golf-ball size meatballs and place on a tray or large plate using all of the beef.
5. Then cook them in a large sauté pan (same pan as the onions), add 2 tablespoons olive oil and add meatballs. Cook/sear on each side for 2 minutes until brown on the outside only. The inside should still be raw. This allows for the meat to cook in the tomato sauce and release all the beef flavor into the soup!
6. Prepare the tomato sauce/soup: Put all of the tomato paste in a large pot, turn on medium heat, and slowly add water, cup by cup, and incorporate the water by mixing it until smooth.
7. Slowly add each meatball to the tomato soup (so it doesn't splatter) using a large spoon, along the inside of the pot.
8. Add Bay leaves.
9. Bring the meatballs and tomato sauce to a boil, then immediately turn down to simmer.
10. Cover the pot and cook for 15 minutes.

# HH HOLLIE'S HOMEGROWN

11. Open the pot and add the potatoes. Cover again and cook for an additional 30 to 35 minutes.
12. The potatoes should be fork tender and add salt and pepper to taste. Discard the Bay leaves before serving.
13. Serve with crusty bread like a baguette or batard. Buen Provecho!!

Will keep in the refrigerator for up to 4 days in an airtight container. Just re-heat on the stove to a simmer.



**Albondigas Soup!**

**HolliesHomegrown.com**  
**Handmade & Locally Sourced**