

Albondigas Soup with Pork

Adapted from Dinner at the Zoo blog

Internet Address:



- 1 pound ground pork, lean pork if possible
- 1/2 cup cooked white rice
- 1 teaspoon minced garlic
- 1 large egg
- 1/4 cup cilantro, chopped
- 1 teaspoon ground cumin
- 3/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 2 teaspoons olive oil
- 1/2 cup onion, chopped
- 1 teaspoon minced garlic
- 3 carrots (peeled, quartered and sliced)
- 1 1/2 cups sweet potato, or yam, peeled, chopped
- 6 cups low sodium chicken broth, or bone broth, or use beef if preferred
- 15 ounces canned diced tomatoes
- 8 ounces tomato sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 large zucchini (quartered and sliced)
- 1/4 cup cilantro, chopped, for garnish
- salt and pepper to taste

Yield: 6 servings

Per Serving (excluding unknown items): 251 Calories; 7g Fat (25.3% calories from fat); 25g Protein; 24g Carbohydrate; 5g Dietary Fiber; 76mg Cholesterol; 554mg Sodium; 8g Total Sugars; trace Vitamin D; 94mg Calcium; 3mg Iron; 1048mg Potassium; 308mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1. Meatballs: Place the ground pork, cooked rice, garlic, egg, cilantro, cumin, salt and pepper in a large bowl. Mix until thoroughly combined. Roll the meat mixture into 1/2 inch sized meatballs. Place the meatballs on a plate or tray. You can make the meatballs larger, but with the smaller size you'll have more meatballs per portion, and the 1/2" meatball is just a nice mouth full.
2. Soup: Heat the olive oil in a large pot over medium heat. Add the onion and carrot and cook for 3-4 minutes. Add the garlic and cook for 30 seconds. Add the potatoes, chicken or bone broth, tomatoes, tomato sauce, cumin and oregano to the pot. Bring to a simmer. Simmer for 10 minutes.
3. Drop the meatballs into the soup and simmer for an additional 10 minutes.
4. Add the zucchini and cook for 5 minutes more. Season the soup with salt and pepper to taste.
5. Sprinkle with chopped cilantro and serve.