

Poblano Albondigas with Ancho Chile Soup

Adapted from *Bon Appetit*, Jan. 2010

Internet Address:



A hearty meatball soup with plenty of Mexican flavor. The poblano/pasilla chiles are what MAKE this dish.

MEATBALLS:

- 10 ounces poblano peppers (about 2 or 3)
- 1/2 pound ground beef
- 1/2 pound ground turkey
- 1/2 cup zucchini, coarsely grated
- 1/4 cup onion, finely grated
- 1/4 cup panko
- 1 large egg, beaten to blend
- 2 whole garlic cloves, pressed
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano, crumbled (preferably Mexican oregano)
- 1/2 teaspoon kosher salt

SOUP:

- 1 tablespoon olive oil
- 1/2 small onion, coarsely grated
- 2 garlic cloves, minced
- 2 teaspoons ground cumin
- 9 cups low sodium beef broth
- 1 teaspoon chicken broth cubes (Penzey's soup base)
- 1/2 teaspoon dried oregano (preferably Mexican)
- 1 cup zucchini, coarsely grated (use more if desired)
- 1/4 cup long-grain white rice
- 1 cup carrots, cut into 1/4 inch coins
- 1/4 cup chopped fresh cilantro
- 1 tablespoon fresh lime juice (or more)
- 3 tablespoons pure ancho chile powder or pasilla chile powder*** (do not use blended chile powder)
- 3 cups frozen corn (fire-roasted from Trader Joe's, if available)

TOPPING:

Servings: 6

This will serve 6 people if using moderate portions. If smaller cup-sized bowls are used you could easily serve 10-12 people.

1. **MEATBALLS:** Line large rimmed baking sheet with Silpat or foil. Char chiles under the broiler until blackened on all sides. Enclose in paper bag and steam 10 minutes. Stem, seed, and peel chiles, then chop finely (should yield about 3/4 cup).
2. Place chiles in large bowl. Gently mix in turkey, beef and all remaining ingredients. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1-inch meatballs. Arrange meatballs on sheet.
3. **SOUP:** Heat oil in large pot over medium heat. Add onion with any juices and garlic. Sauté until onion is tender, about 3 minutes. Add cumin; stir 1 minute. Add broth and Penzey's soup base and oregano; bring to rolling boil. Reduce heat to very low, just below bare simmer, and cook 10 minutes.
4. Stir zucchini, carrots and rice into broth. Increase heat to medium and drop in meatballs, 1 at a time. Return soup to simmer. Cover and cook gently until meatballs and rice are cooked through, stirring occasionally and adjusting heat to avoid boiling, about 20 minutes. Add corn and continue cooking for 3-4 minutes. Then add cilantro, 1 tablespoon lime juice and ancho chile powder. Season soup with salt and add more lime juice by teaspoonfuls, if desired.
5. **TOPPING:** Heat 3 tablespoons oil in heavy medium skillet over medium heat 1 minute. Add half of tortilla strips. Cook until crisp, gently separating strips with tongs, 2 to 3 minutes. Transfer strips to paper towels to drain. Repeat with remaining tortilla strips, adding more oil if needed.
6. Ladle soup and meatballs into bowls. Top with tortilla strips, green onions and cilantro.

Per Serving (excluding unknown items): 540 Calories; 25g Fat (39.8% calories from fat); 37g Protein; 47g Carbohydrate; 6g Dietary Fiber; 97mg Cholesterol; 540mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 0 Fruit; 3 1/2 Fat.

3 tablespoons vegetable oil (or more)

4 corn tortillas, cut into 1/4-inch-wide strips

4 whole green onions, sliced (including some of the dark green parts)

Chopped fresh cilantro

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