

Tex-Mex Albondigas

Adapted from a Rachel Ray recipe



Servings: 6

1. Place a large pan over medium-high heat with about 2 tablespoons of EVOO. Add onion, cumin, oregano, coriander, cinnamon, some salt and pepper to the pan and cook until the veggies are tender and spices are aromatic, 3-4 minutes. During last minute add the fresh garlic. Remove the skillet from the heat and let the veggies cool. Don't wash the pan.
2. In a large mixing bowl, beat the egg with the cream. Add the cooled veggies to the bowl along with the ground beef and turkey, some salt and pepper. Combine the mixture with your hands and form into 1-inch balls.
3. For the sauce, in the same pot, heat over medium-high heat with 3 tablespoons EVOO. Add the chopped onion, carrots (if using) and jalapeno to the pan, and cook until tender, 5-6 minutes. Transfer about HALF of the mixture to a food processor and puree with the tomatoes. Return the mixture to the pot and add the chicken stock and chili powder. Bring up to a simmer and add in the meatballs. Reduce the heat to medium and simmer until the meatballs are cooked through, about 10 minutes.
4. To serve, scoop about 1 heaping cup of meatballs into a soup bowl, add about 1 cup of the soup part, then garnish each bowl with cilantro, chopped green onion, a squirt of sour cream and diced avocado. (If you have them and want to use them, add some crushed tortilla chips to the top - not authentic but gives lots of texture.)

MEATBALLS:

- 2 tablespoons EVOO, divided
- 1 small yellow onion, very finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon fresh oregano
- 1 teaspoon ground coriander
- 2 pinches ground cinnamon
- Salt and ground black pepper
- 2 cloves garlic, finely chopped or grated
- 1 egg
- 1/4 cup cream, or half-and-half
- 1 pound lean ground beef
- 1 pound ground turkey, or use chorizo if preferred

SOUP:

- 3 tablespoons EVOO
- 2 large onion, chopped
- 2 medium carrots, chopped (optional, but authentic)
- 1 1/2 cups celery, chopped
- 1 large jalapeno chile pepper, seeded and chopped
- 28 ounces diced tomatoes
- 1 quart low sodium chicken broth
- 1 tablespoon chili powder
- 1 lime, sliced, for garnish
- 1/4 cup chopped fresh cilantro, for garnish
- 4 scallions, thinly sliced, for garnish
- 1/2 cup sour cream, for garnish
- 1 whole avocado, diced

Per Serving (excluding unknown items): 656 Calories; 47g Fat (62.8% calories from fat); 39g Protein; 23g Carbohydrate; 5g Dietary Fiber; 169mg Cholesterol; 561mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 1/2 Fat.

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