

Albondigas Soup (Mexican Meatball Soup)

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
24 grams protein
8 grams fat
230 calories

Meatballs - Ingredients

- 100 grams lean ground beef
- 1 serving Melba toast crumbs
- Dash of onion powder
- Dash of garlic powder
- ⅛ teaspoon oregano
- Pinch of cumin
- 1 clove garlic, finely minced
- 1 teaspoon onion, minced
- Cayenne pepper to taste
- Salt and pepper to taste

Broth - Ingredients

- 1 cup beef broth
- 1 cup filtered water
- 1½ cups fresh tomatoes or celery
- 1 tablespoon onion, chopped
- 1 clove of garlic, crushed and minced
- 1 tablespoon fresh cilantro, chopped
- ¼ teaspoon dried oregano
- Sea salt and pepper to taste



PHASE 3 MODIFICATION:

Add additional vegetables such as zucchini or a small amount of carrots.

Directions

1. Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices, and chopped cilantro.
2. Form into balls and drop into beef broth.
3. Add spices, onion and garlic to the broth and bring to a boil.
4. Reduce to a simmer and cook for a minimum of 30 minutes.
5. Add you choice of celery or tomato to the broth in the last 10 minutes of cooking.
6. Garnish with fresh chopped cilantro and oregano.