



## Caldo de Albóndigas

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### Ingredients

- 1 lb ground beef
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon peppercorns, crushed
- 2 tablespoons masa harina
- 1 cup onions, diced and divided
- ¼ cup long-grain rice, divided in half
- 7 cups water
- 32 ounces chicken broth
- 4 garlic cloves, minced
- 1 tablespoon olive oil
- 2 roma tomatoes, diced
- 3 large tomatoes, roasted and blended
- 2 small russet potatoes, cubed
- 1 large carrot, peeled and diced
- 2 celery stalks, chopped
- ¼ teaspoon coriander, crushed
- 3 tablespoons cilantro, chopped
- ¼ teaspoon whole safflower

## Instructions

1. In a large mixing bowl combine ground beef with garlic powder, salt, crushed peppercorns, 2 tablespoons of onions, masa harina, and 1/8 cup of rice. Mix all ingredients together and roll out about 36-40 1-inch meatballs.
2. Arrange three tomatoes on a baking sheet. Place your oven rack as close to the broiler as possible. Broil the tomatoes for about 20 minutes until softened, turning over after 10 minutes. If the skin has blackened remove it.
3. In a blender or food processor, puree the tomatoes until smooth. Set aside.
4. In a large pot boil water, chicken broth, and minced garlic. Lower heat to medium and carefully add meatballs to the liquid. Cook meatballs for about 10-15 minutes or until the meatballs float to the surface and lower heat to simmer.
5. In a medium skillet sauté the remaining onions and diced roma tomatoes in olive oil.
6. To the pot of broth add the sautéed onions, tomatoes, fresh tomato sauce, remaining rice, potatoes, carrots, celery, coriander, cilantro, and safflower.
7. Cook over medium heat for an additional 30 minutes. Ladle soup with about 5 albondigas per bowl. Garnish with cilantro sprigs, lime wedges, and serve with warm corn tortillas. If you would like your soup spicy, add a spoonful of your favorite homemade salsa.