



**Many Hands Organic Farm and
Sustainability Center**
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Albondigas Soup

From Laura Rankin

Ingredients

- 2 Tbsp olive oil
- 1 large onion, chopped
- 1 large garlic clove, minced
- 3 quarts of chicken stock or beef stock OR water OR a mixture of both (we usually use half stock half water as the meatballs will create their own stock).
- ½ cup of tomato sauce
- ½ lb of string beans, strings and ends removed, cut into 1-inch pieces
- 2 large carrots, peeled and sliced or zucchini, corn, peas (I omitted these, and used chopped greens instead)
- ⅓ cup of raw white rice
- 1 pound ground beef or turkey or substitute
- ¼ cup of chopped fresh mint leaves
- ¼ cup of chopped parsley
- 1 raw egg
- 1½ teaspoon salt
- ¼ teaspoon black pepper
- A dash of cayenne (optional)
- ½ cup chopped fresh cilantro

Directions

1. Heat oil in large heavy-bottomed pot (5 quart) over medium heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook a minute more. Add broth mixture and tomato sauce. Bring to boil and reduce heat to simmer. Add carrots and string beans.

2. Prepare the meatballs. Mix rice into meat, adding mint leaves and parsley, salt and pepper. Mix in raw egg. Form mixture into 1 inch meatballs (or scoop teaspoonfuls directly into simmering stock).
3. Add the meatballs to the simmering soup, one at a time. Cover and let simmer for ½ hour. Add the peas towards the end of the ½ hour. Add a few pinches of oregano and sprinkle with salt and pepper, and a dash of cayenne, to taste.
4. Garnish with chopped fresh cilantro.