

Albondigas (Meksika Köfte Çorbası?)

Authentic Mexican Albondigas soup recipe with tender rice meatballs in flavorful tomato broth. Easy homemade Caldo de Albóndigas for family dinners.

20 min

HAZIRLIK

30 min

PIRME

50 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Albondigas (Meksika Köfte Çorbası?)

Malzemeler

- 1 lb ground beef
- 1 cup rice
- 1 egg
- 4 clove garlic
- 3 tbsp mint
- 1 tsp cumin
- 1 tbsp olive oil
- 6 cup beef broth
- 1 onion
- 1 cup carrot
- 1 cup potato
- 1 cup pea
- 1 tsp oregano
- 2 tbsp cilantro (coriander)
- 1 tsp salt
- 1 tsp black pepper

Yapılış

- Make the meatballs**

Combine 1 pound ground beef, 1 cup breadcrumbs, 1 egg, 4 minced garlic cloves, 1 teaspoon ground cumin, 1 tablespoon chopped mint, 1 teaspoon salt, and 1 teaspoon black pepper in a large bowl. Mix gently with your hands until just combined, about 30 seconds - don't overwork the meat.
- Roll the mixture into 1-inch meatballs using your hands or a small cookie scoop. Place on a plate and set aside while you prepare the soup base.**
- Start the soup base**

Heat 2 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat until shimmering, about 2 minutes.
- Add 1 diced onion to the hot oil and cook until softened and translucent, about 4-5 minutes, stirring occasionally.**

- 5 Add 1 cup diced carrots and 1 cup diced potatoes to the pot and cook for 3-4 minutes, stirring frequently, until vegetables begin to soften slightly.
- 6 **Build the broth**
Stir in 1 cup peas, 1 teaspoon ground cumin, and 1 teaspoon dried oregano and cook for 1 minute until fragrant.
- 7 Pour in 6 cups beef broth and bring to a rolling boil over high heat, about 5-7 minutes. Reduce heat to medium-low to maintain a gentle simmer.
- 8 **Cook the meatballs**
Carefully drop meatballs one by one into the simmering broth, spacing them evenly. Simmer for 12-15 minutes until meatballs are cooked through and no longer pink in the center when cut.
- 9 Taste and season with salt and black pepper as needed. Remove from heat and let stand for 2-3 minutes to allow flavors to settle.
- 10 Ladle into bowls and serve immediately while hot. Garnish with fresh cilantro and serve with lime wedges and warm tortillas on the side.

?puçlar?

For the most tender meatballs, avoid overmixing the meat mixture and handle it as little as possible when forming the balls.

Make sure all vegetables are cut to similar sizes to ensure even cooking throughout the soup.

You can adjust the spice level by adding red pepper flakes or using a spicier salsa variety.

Fresh mint can be substituted with cilantro or parsley if preferred, each adding its own unique flavor profile.

Using cooked rice instead of breadcrumbs creates the authentic texture that makes Mexican meatballs special.

Keep the meatballs uniform in size (about 1-1.5 inches) so they cook evenly in the broth.

Don't stir the soup vigorously once you've added the meatballs - let them simmer gently to prevent breaking.

For extra richness, you can brown the meatballs lightly before adding them to the soup, though this isn't traditional.