



Albóndiga Soup (Caldo de Albondigas)

Deliciously tender and moist ground turkey meatballs, filled with rice, herbs and spices, in a rich vegetable soup

Mexican Albóndiga Soup is a hearty, comforting soup typically made with beef meatballs, simmered in a seasoned tomato & beef broth with vegetables. My version lightens it up by replacing the ground beef with ultra tender ground turkey meatballs, seasoned to taste just as good as traditional beef albóndigas.

Ingredients:

Meatballs (albondigas): makes 18

- 1lb 93% lean ground turkey
- 1 large egg
- 1/2 cup cooked white rice (cooled)
- 2 garlic cloves, minced
- 1/4 cup cilantro, finely chopped
- 1/4 cup finely diced onion
- 1 tsp each: ground cumin & dried oregano
- 3/4 tsp salt
- 1/4 tsp coarse ground/cracked black pepper
- 1 tsp worcestershire sauce
- 1 tsp Kitchen Bouquet seasoning sauce
- 1/4 tsp baking soda dissolved in 1 tsp water

Vegetables & Broth:

- 2 cups onions, diced
- 4 carrots, peeled, sliced 1/2" thick rounds (2 cups)
- 3 garlic cloves, chopped
- 3-1/2 to 4 cups russet potatoes, peeled and chopped into 1/2" to 3/4" chunks (slightly larger than the carrots)
- 2 medium or large ears of corns, or 1-1/2 cups of canned yellow corn kernels (drained and rinsed)
- 2 medium zucchini, quartered, sliced 1/2" thick (2 cups), set aside
- 6-1/2 cups fat free beef broth (4 14.5oz cans)
- 15oz canned diced tomatoes, WITH the juices
- 8oz canned tomato sauce
- 1/2 tsp ground cumin
- 1 Tbsp dried oregano
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 cup cilantro, chopped

Servings Info.:

Yield: 17 cups

Servings: 6

Serving Size: 2-3/4 cups



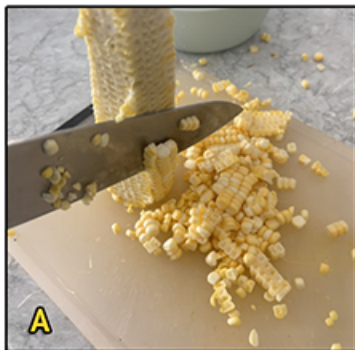
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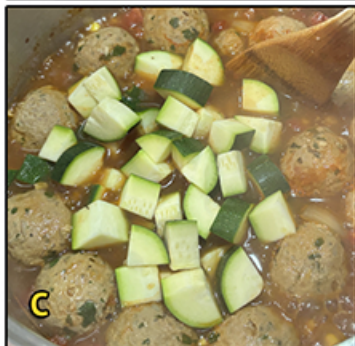
Directions:



- 1 (A) Mix all of the meatball ingredients together in a bowl. Form into a large ball in the bowl. If it's too sticky, get your hands wet and form into the round shape. Cover and set aside in the fridge for 20 minutes. Using a Tablespoon, scoop out 2 Tbsp of meat and form into a meatball. Repeat till you have made 18 meatballs, set aside. (B) After forming the meatballs, cut the carrots, onion and zucchini into the shapes/sizes described in the list of ingredients. Peel and cut the potatoes, then rinse under water till the water is clear. Set potatoes aside in a bowl, just covered with water so they don't brown.



- 2 (A) If using ears of corn (or corn cobs if you're from the Midwest), carefully slice the kernels off of the ears of corn, then set aside. Or, if using canned kernels, drain and rinse them, then set aside. (B) Heat a large pot over medium-high heat, spray with cooking spray and add the onions and carrots. Cook for 5 minutes, then add the garlic and cook for 30 more seconds.



- 3 (A) Now, crank up the heat to high and add the beef broth. Drain the water from the bowl with the potatoes and add them into the pot, along with the corn kernels, canned diced tomatoes, tomato sauce, ground cumin, dried oregano, salt and pepper and bring everything to a low boil. Reduce heat and bring to a low simmer for 10 minutes. (B) Gently place the meatballs into the simmering pot, one at a time. Cook for 10 minutes. At first they'll sink to the bottom of the pan, but then they'll plump up and float to the top. (C) Add the zucchini to the pot and gently stir into the soup. Cook for 5 more minutes. (D) Turn off the heat, stir in the chopped cilantro and remove pot from the heat. Let the soup rest for 15 minutes to cool before serving. It should cool down to around 135 degrees after 15 minutes, hot enough to eat without being too hot.



NOTES & SUGGESTIONS:

- **CORN:** As mentioned in the ingredients, you can slice the kernels off of ears of corn, OR use canned corn kernels. Just remember to drain and rinse the corn kernels first.
- **POTATOES:** After you peel and cut the potatoes, it's important to rinse them off, then place them in a large bowl, covering them with water so they don't brown before you use them.
- **KITCHEN BOUQUET SEASONING:** It is an AMAZING "seasoning & browning sauce" which in this recipe, is used to add a darker color to the ground turkey, as well as a deeper, richer flavor to them. You can find it in the grocery store next to gravy & seasoning packets (like taco and meatloaf seasoning packets). It's used in most all of my meat seasoning mixes in Cookbooks 1, 2, 3 & 5.
- **DIABETICS:** The soup has more points for you guys, because of the corn and potatoes.