

Mexican Meatball Soup

Servings: 8

Source: Bon Appetit, Dec. 2000, 6-8 main course servings.

Ingredients

- 2 tbsp Olive Oil
- 2¾ cups Onions, Chopped
- 4 Garlic Cloves, Minced
- 2 small Bay Leaves
- 5 (14½ oz) cans Beef Broth
- 1 (28 oz) can Diced Tomatoes In Juice
- ½ cup Chunky Tomato Salsa, Medium-Hot
- ½ cup Fresh Cilantro, Chopped
- 1 lb. Lean Ground Beef
- ¼ lb. Bulk Pork Sausage
- 6 tbsp Yellow Cornmeal
- ¼ cup Whole Milk
- 1 large Egg
- ½ teaspoon Salt
- ½ teaspoon Black Pepper
- ½ teaspoon Ground Cumin
- ½ cup Long-Grain White Rice

Method

Heat oil in heavy large pot over medium-high heat. Add just 1¾ cups onions, 2 garlic cloves and bay leaves; saute 5 min. Add broth, tomatoes with juices, salsa and ¼ c. cilantro; bring to boil. Cover and simmer 15 minutes.

Meanwhile, combine ground beef, pork sausage, cornmeal, whole milk, egg, salt, pepper, cumin, then remaining 1 cup onions, 2 garlic cloves and ¼ c. cilantro in medium bowl. Mix well.

Shape meat mixture by generous tablespoonfuls into 1 - 1¼ inch balls.

Add rice and meatballs to soup and bring to boil, stirring occasionally. Reduce heat, cover and simmer until rice and meatballs are tender, stirring occasionally, about 20 minutes. Season to taste with salt and pepper. Ladle soup into bowls and serve.

Notes

I used chicken broth without MSG when I made it for you and that is good too. I think this is much better the second day. The rice plumps up and the flavors just settle in better, I think, so it is a good thing to make ahead of time.