



*This is a hearty and tasty soup. We love it! It's quite easy, especially if you already have frozen meatballs on hand! Serve with a fruit plate and warm up some corn tortillas for the non-SCDers in the family. Whenever you cook a chicken, strain and freeze the cooking liquid for broth. Make beef broth by simmering meat scraps and bones together for many hours until the broth is flavorful. These can be frozen in various sized containers.*

*Serves 8-10*

# Meatball (Albondigas) Soup



## Meatballs:

1-1/2 pounds lean ground beef  
1/4 c. almond flour  
2 eggs  
1/4 to 1/2 c. homemade chicken  
broth  
2 tsp. dried parsley

## Soup:

6 cups homemade chicken broth  
4 cups water or homemade beef  
broth  
1 tsp. oregano leaves, crushed  
1-2 medium-sized onions, chopped  
6 carrots, very thinly sliced  
1/3 c. chopped fresh cilantro  
(coriander)  
3/4 pound spinach, washed 2 or 3  
times in water baths or use  
frozen chopped spinach  
2 or 3 limes, cut into wedges  
(cooked rice for non SCDers)

For meatballs, shape meat mixture into 1-1/2 inch balls and drop into boiling broth mixture according to the following directions.

Pour chicken broth and water or beef broth into large kettle; add oregano and onions. Bring to a boil over high heat; then reduce heat to low. Drop in meatballs and simmer for 5 minutes. (If using frozen meatballs, drop them in and wait until broth returns to a boil.) Add carrots and chopped cilantro; simmer, uncovered, until carrots are tender to bite.

Discard spinach stems; rinse leaves well, then cut crosswise into thin shreds. Add spinach to soup and cook, uncovered for 5 minutes. (Or add frozen spinach, bring back to a boil and cook, uncovered for 3-5 minutes.) Ladle into wide soup plates or bowls; pass cilantro sprigs for garnish and lime wedges to squeeze into individual portions. (Add cooked rice to the bowls of non-SCDers.)

**Crock Pot Instructions:** Place all ingredients in a crock pot, including raw meatballs or previously made and frozen raw meatballs. Be careful to keep uncooked meatballs in the right shape. Cook on LOW for 7-10 hours.

**Time saving tip:** Use frozen sliced carrots, frozen chopped onions and frozen spinach. Dried cilantro may be used if you can't find fresh, but the taste is less delicious. Make enough meatballs to have some in the freezer for another soup night.