Albondigas/Meatball soup (Abuelita’s recipe)

Ingredients:

1 lb ground beef, uncooked (defrosted if frozen)

¼ tsp salt

1/8 tsp pepper

1/8 tsp garlic powder

Fresh mint/Yerba buena (1 bunch), chopped

1 egg, well beaten

¼ C rice (or ½ C instant rice)

2 Tbsp olive oil

1 tomato (diced)

½ onion (chopped)

3 C water

2-3 medium Potatoes, peeled and cut up

Instructions:

1. Mix the ground beef, spices (salt, pepper, garlic) and half of the mint with the egg and the rice and form balls (golf ball sized). You should have about 14-16 meatballs when done
2. In a large frying pan, add olive oil and heat on medium heat
3. Add tomato, onion and the remaining half of the mint (yerba Buena) leaves and cook for a couple of minutes
4. Add 3 C water and bring to a boil
5. Add meatballs (albondigas) and potatoes and cook until potatoes are tender and meatballs are cooked through, about 15-20 min
6. Serve with lemon slices to squeeze into the soup

\*if you double this recipe, you will need to use a soup pan to cook it in instead of a frying pan