



Mexican Meatball Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups canned tomatoes diced canned drained (one 15-ounce can)
- 1 quart chicken broth low-sodium homemade canned
- 1 tablespoon cooking oil
- 2.5 tablespoons bread crumbs dry
- 1 eggs beaten
- 1 cup corn kernels fresh frozen (cut from 2 ears)
- 2 cloves garlic minced
- 0.5 pound ground beef

- 0.5 teaspoon ground cumin
- 0.8 teaspoon fresh-ground pepper black
- 2 jalapeño peppers chopped
- 1 tablespoon juice of lime
- 2.3 teaspoons oregano dried
- 1 small onion red chopped
- 1.8 teaspoons salt
- 2 cups water
- 0.5 pound zucchini cut into 1/2-inch dice

Equipment

- bowl
- pot

Directions

- In a large pot, heat the oil over moderately low heat.
- Add the onion and half the jalapeos and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the zucchini, 1 1/2 teaspoons of the dried oregano, if using, and 1/4 teaspoon of the cumin and cook, stirring, until the zucchini starts to soften, about 3 minutes.
- Add the broth, water, tomatoes, 1 1/4 teaspoons of the salt, and 1/2 teaspoon of the black pepper; bring to a simmer. Simmer for 15 minutes.
- Meanwhile, in a medium bowl, combine the ground beef, garlic, the remaining jalapeo, 1/4 teaspoon cumin, 3/4 teaspoon dried oregano or 1 tablespoon of the fresh oregano, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, the bread crumbs, and the egg. Shape the mixture into 24 meatballs, about 1 inch in diameter.
- Add the meatballs and corn to the soup and simmer until the meatballs are just done, about 5 minutes. Stir in the lime juice and the remaining 1 tablespoon fresh oregano, if using.
- Wine Recommendation: The oregano, jalapeos, and cumin here would give most wines a run for their money, but a lusty red zinfandel is spicy and rich enough to face those powerful ingredients without flinching.

Nutrition Facts

PROTEIN 23.08% FAT 48.5% CARBS 28.42%

Properties

Glycemic Index:36.5, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:19.181739055592%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 330.4kcal (16.52%), Fat: 18.6g (28.62%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 20.74g (7.54%), Sugar: 8.15g (9.06%), Cholesterol: 81.18mg (27.06%), Sodium: 1334.74mg (58.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.85%), Vitamin C: 32.96mg (39.95%), Vitamin B3: 7.8mg (39.02%), Phosphorus: 279.68mg (27.97%), Vitamin B6: 0.56mg (27.77%), Vitamin B12: 1.57µg (26.16%), Potassium: 890.79mg (25.45%), Manganese: 0.48mg (23.89%), Zinc: 3.45mg (23.01%), Iron: 4.09mg (22.73%), Vitamin B2: 0.38mg (22.06%), Selenium: 14.34µg (20.49%), Vitamin K: 18.19µg (17.33%), Copper: 0.34mg (17.21%), Vitamin B1: 0.23mg (15.65%), Folate: 62.15µg (15.54%), Fiber: 3.78g (15.13%), Magnesium: 59.81mg (14.95%), Vitamin E: 2.15mg (14.36%), Calcium: 111.5mg (11.15%), Vitamin B5: 1.05mg (10.55%), Vitamin A: 448.27IU (8.97%), Vitamin D: 0.28µg (1.84%)