

Flavors of Fort Wayne, Indiana



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From the Kitchen of: **SolBird Kitchen & Tap**

1 of 2

Albondigas

Ingredients:

Broth

1 Tbs. olive oil
1 cup diced yellow onions
1 1/2 cups red skinned potatoes diced
3 carrots peeled and diced
1-2 stalks celery diced
1 1/2 Tbs. tomato paste
6 oz tomato sauce
1/2 tsp. cumin or to taste
2 quarts chicken stock
Kosher salt to taste

Meatballs

2 lbs ground beef; 1 lb ground pork
1/2 cup chopped fresh mint
2 garlic cloves, peeled and minced
2 1/4 tsp kosher salt
1 tsp cracked black pepper
1/2 cup uncooked long grain rice

Toppings

1 avocado sliced
1 thinly sliced serrano chile
1 very thinly sliced habanero chile
Cilantro; Sliced lime

From the Kitchen of: **SolBird Kitchen & Tap****Albondigas****Directions:**

1. Combine the meatball ingredients. Do not over work.
2. Roll into balls approximately 1 1/2 inch in diameter. Set aside and start on broth.
3. Heat pot to medium, add olive oil. Add onions, potatoes, carrots, celery.
Sauté until tender.
4. Add tomato paste. Tomato sauce, cumin and chicken stock and salt to taste.
5. Adjust heat and bring to a low simmer.
6. Add meatballs. Adjust temp as needed to maintain a low simmer.
7. Do not stir, allow to simmer untouched for 20 minutes, or until meatballs are done and inside, the rice is cooked.
8. Test for seasoning and adjust as needed.
9. Put meatballs and broth in serving bowls.
10. Garnish each bowl with the toppings. (Don't skip these, as they add depth and contrast. They really make the soup what it is.)



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