

## Turkey Albondigas Soup

Appetizer

Recipe courtesy EatingWell

Albondigas, Spanish for “meatballs,” star in the traditional broth-based Mexican soup. Our version uses turkey rather than beef or pork for the meatballs, and we've pumped up the volume of fresh vegetables in the mix.

**6 servings, about 1 2/3 cups each**

**Active Time:** 45 minutes

**Total Time:** 1 hour

### Ingredients:

- 1 pound 93%-lean ground turkey
- 1 cup fresh whole-wheat breadcrumbs, (see Tip)
- 1 large egg
- 2 teaspoons ground cumin, divided
- 2 teaspoons dried oregano, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt, divided
- 1 tablespoon canola oil
- 1 large white onion, diced
- 2 carrots, diced
- 3 poblano peppers, (see Tip), diced
- 3 plum tomatoes, diced
- 6 cups reduced-sodium chicken broth
- 1/2 cup instant brown rice, or cooked brown rice
- 2 tablespoons lime juice
- 1 jalapeño, minced
- 2 tablespoons minced fresh cilantro

### Preparation:

- Line a large baking sheet with wax paper.
- Place turkey, breadcrumbs, egg, 1 1/2 teaspoons cumin, 1 1/2 teaspoons oregano, 1/2 teaspoon pepper and 1/4 teaspoon salt in a medium bowl. Mix gently until combined.
- Shape the mixture into 1 1/2-inch balls and transfer to the baking sheet. (You should have about 20 meatballs.) Place in the refrigerator and chill for at least 20 minutes or until ready to use.
- Heat oil in a Dutch oven over medium-high heat. Add onion and carrots and cook, stirring often, until beginning to soften, about 4 minutes. Add peppers, tomatoes, the remaining 1/2 teaspoon cumin, 1/2 teaspoon oregano, 1/4 teaspoon pepper and 1/4 teaspoon salt; cook, stirring, until fragrant, about 1 minute. Add broth, increase heat to high and bring to a boil; reduce heat and simmer for 5 minutes. Carefully submerge the meatballs in the simmering soup; return to a simmer and cook for 8 minutes. Add rice and cook, stirring occasionally, until tender, about 5 minutes.
- Remove from the heat and stir in lime juice.
- Garnish with jalapeño and cilantro.

### Tips & Notes:

**Make Ahead Tip:** Prepare through Step 2. Cover and refrigerate the soup and meatballs separately for up to 1 day. To serve, reheat soup in a Dutch oven and proceed with Step 3.

**Tips:** To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs.

Poblano peppers can be fiery or relatively mild; there's no way to tell until you taste them. Find them at most large supermarkets. Or substitute 2 green bell peppers plus one minced jalapeño pepper (or more to taste).

**Nutrition:**

**Per serving:** 289 calories; 10 g fat (2 g sat, 2 g mono); 84 mg cholesterol; 27 g carbohydrates; 24 g protein; 5 g fiber; 438 mg sodium; 419 mg potassium. 1 1/2 Carbohydrate Serving

**Nutrition Bonus:** Vitamin A (110% dv), Iron & Vitamin C (15% dv).

**Exchanges:** 1 starch, 1 vegetable, 2 1/2 lean meat