Mexican Meatball Soup with Rice and Cilantro

Adapted from a recipe on epicurious.com by Jill Cole of Fallbrook, California.

Servings: 6 to 8 supper servings.

Ingredients	metric measures
10 oz frozen chopped onions/ celery/ pepper blend	300 gm
1/2 teaspoon garlic powder	1 gm
3 cups water	720 ml
1 28-ounce canned or jarred diced tomatoes in juice	800 gm
1 pound lean ground beef	.5 kg
6 tablespoons yellow cornmeal	55 gm
1/4 cup liquid, milk or water	60 ml
1 large egg	50 gm
1/2 teaspoon ground cumin	1 gm
1 1/2 cup cooked brown rice	? Can you tell me?
1/2 cup chunky tomato salsa	120 ml
1/2 cup chopped fresh cilantro	20 gm
salt and pepper to taste	
diced avocado to garnish, optional	

Preparation

Heat oil in heavy large pot over medium-high heat. Add onion blend and garlic. Sauté 5 minutes.

Add water and tomatoes with juices. Bring to a simmer.

Meanwhile, make meatballs. Combine ground beef, cornmeal, liquid, egg, salt, pepper, and cumin, in a medium bowl. Mix well.

Shape meat mixture into little ½" balls. Add meatballs to simmering soup as you shape each one. Gently stir occasionally to keep them from clumping together.

Cover and simmer until meatballs are cooked through, about 20 minutes. Stir occasionally.

Add cooked rice, salsa, and most of the cilantro. Save a bit of cilantro for a garnish if you like.

Add salt and pepper to taste.

We like thick soups, but you can add additional water to desired consistency. Cook a bit longer if needed to warm it up.

Pour into soup bowls and garnish with diced avocado.

Read more: http://blog.kitchentherapy.us/2009/09/mexican-meatball-soup/