Mexican recipes from Debbie Rodriguez

**Abondegas** (Mexican meatball soup)

Ingredients:

1 pound lean hamburger or turkey burger

olive oil

1 can diced tomatoes, drained, or one fresh tomato peeled and diced (you can also use canned tomatoes with chili pepper if you like it hot)

3 medium cloves garlic

1 tsp salt

½ tsp pepper

2 Tbsp cumin

½ cup oats or 10-13 crackers

3 chicken bullion cubes

2 eggs

2 medium onions

4 or 5 carrots

Method:

1. Heat about ¼ cup olive oil in a soup size pot. Slice onions and sauté with the tomatoes. While these sauté, make your meatballs.

2. Dice 2 carrots and 3 garlic cloves (may use food processor). Add to hamburger.

3. Add 2 eggs, cumin, salt, pepper, and crackers or oatmeal to hamburger. Mix well and form into balls.

4. While making meatballs, add water, bullion cubes, and carrots to onions and tomatoes on stove. Bring to a boil.

5. Once soup is boiling, add meatballs and cook on medium high for about 35-40 minutes, or until meatballs are done.

6. Serve over Spanish rice and/or with tortillas.

**Spanish Rice**

Ingredients:

¼ cup (or more) olive oil

1 cup rice

1 chicken bullion cube

2 cups water

3 cloves garlic

1 tsp cumin

2 Tbsp tomato paste

1 can of peas, drained (optional)

Method:

1. Sauté rice in olive oil. Cook in oil until light brown.

2. Add garlic, cumin, and tomato paste.

3. Add water and bring to a boil.

4. Simmer until rice is cooked (about 20 minutes).

5. May add peas if desired.