



***Albondigas – Mexican Meatball Soup***

*Yields: 22 Protein, 23 Carb, and 18+Fat*

**Ingredient List:**

**For the meatballs:**

- 1 pound grass fed beef (454g)
- 1 pound Italian sausage (454g)
- 1 egg
- 1 teaspoon granulated garlic
- 2 teaspoons kosher salt
- 1 small bunch fresh cilantro, chiffonade
- Olive oil, as necessary for cooking meatballs

**For the soup:**

- 2 quarts chicken stock
- 2 Tablespoons Olive Oil

- **24oz. (665g) butternut squash, precooked and mashed**
- **1 large onion (255g), large dice**
- **4 large carrots (375g), large dice**
- **3 stalks celery (300g), large dice**
- **1 zucchini (225g), large dice**
- **1 yellow squash (225g) , large dice**
- **4 small turnips (300g), large dice**
- **2 cups shredded (250g) cabbage**
- **1 Tablespoons Honey (40g)**
- **2.5 Tablespoons kosher salt**
- **½ Teaspoon black pepper**
- **4 bay leaves**

**Preparation Instructions:**

1. Combine first six ingredients in a large bowl and mix well until uniform.
2. Heat a cast iron skillet over medium high heat, add enough olive oil to coat the bottom of the pan. Then, roll out meat mixture into balls about the size of a ping pong ball.
3. Place the meatballs in the pan and brown on all sides.
4. Once balls are browned, add them to the crock of your slow cooker. Add remaining ingredients and cook on high for 6 hours or low for 10-12 hours.
5. When soup is complete, remove the bay leaves and season with kosher salt and pepper to your liking.
6. Serve it up, be sure to share with your friends and smile because you are a Culinary Ninja!

**“Keep It Paleo!”**