



WESTERN WISCONSIN HEALTH

ALBONDIGAS SOUP (GLUTEN FREE)

- 1 lb. ground beef
- 2 large potatoes
- 2 large carrots
- 1 medium onion
- 2 stalks celery
- 2 medium zucchini
- 1/2 medium head of cabbage
- 1/4 C. rice
- 1 egg
- 1 small can Ortega salsa (or equivalent)
- 3 qts. water

Bring water to a boil. Mix beef, egg and rice to form meatballs (approximately 1" in size). Drop meatballs into water. Chop onions, cut up potatoes, carrots and celery and add to meatballs. Add can of salsa. Cook at medium heat for about 1 hour. Cut up zucchini and cabbage and add to the soup. Cook on low heat for 30 minutes. Add salt and pepper to taste. Serve with warm corn or flour tortillas.

NUTRITION FACTS: Serving size: 2 cups per serving, 8 servings

Nutrition Facts	
Serving Size (702g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 35
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% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 340mg	14%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 17g	
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Vitamin A 70%	• Vitamin C 60%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	