



# ALBONDIGAS SOUP

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**PORTION  
SIZE:  
1½ CUP**

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Turkey Meatballs, 19200, .65 oz.	8 lb. 2 oz.
Potato	1 gal., 2 qt., 1 c.
Carrot	3 qt., ½ c.
White onion, chopped	1 qt., 2¼ c.
Diced tomatoes, canned	3 qt., ½ c.
Tomato sauce, canned	3 qt., ½ c.
Chicken broth	2 gal., 1 qt., 1½ c.
Oregano, ground	2 Tbsp.
Cumin	2 Tbsp.
Garlic, fresh	1 Tbsp.
Zucchini	3 qt., ½ c.

## Directions

1. Peel and chop the potatoes into ¼ inch pieces.
  2. Peel the carrots (if needed) and dice.
  3. Trim, peel and dice the white onion.
  4. Trim ends off the zucchini and cut in half along the length. Then cut into ¼ inch half-moon pieces.
  5. Mince the garlic.
  6. In a large stock pot add the potatoes, carrots, white onion, garlic, chicken broth, diced tomatoes, tomato sauce, oregano and cumin.
  7. Bring the pot to boil, reduce heat and simmer for 15 to 20 minutes or until potatoes are slightly soft.
  8. Preheat conventional oven to 375°F (for a convection oven, set to 350°F).
  9. Place frozen turkey meatballs on a sheet pan and bake in the conventional oven for 21 to 22 minutes (12 to 13 minutes for a convection oven).
  10. Add zucchini wedges to the soup pot and simmer for 5 to 8 minutes, stirring occasionally.
  11. Remove soup from heat.
  12. When serving, place four (4) meatballs in the bottom of each serving vessel and portion 12 oz of soup of the top, using two (2) 6 oz spoodles.
- Offer each student one (1) serving of Albondigas Soup to provide 2.0 oz equivalent meat/meat alternate and 1.375 cups vegetable, other.

Turkey Meatballs (4 meatballs/2.6 oz.): 2 oz. Meat/Meat Alternate Assorted Vegetables (1.375 c.): 1.375 c. Vegetable, Other (per FBG)

For preparation by a food preparation establishment only, according to the food code or equivalent.

\*Indicates missing Nutrient Information.

Nutrients Per Serving			
Calories	263 cal	Sodium	1247 mg
Fat	5 g	Potassium	330 g*
Saturated Fat	2 g	Carbohydrates	34 g
Trans Fat	0 g	Dietary Fiber	5 g
Cholesterol	45 mg	Protein	17 g
		Iron	7 mg
		Calcium	53 mg
		Vitamin A	5599 iu*
		Vitamin C	4.5 mg*
		Vitamin D	0 mcg*

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