



Albondigas Soup

1/2 cup brown rice (cooked)
2 tablespoons olive oil
1 cup chopped onion
1/4 cup minced fresh cilantro
1 teaspoon ground cumin
1 cup chopped carrot
1 garlic clove, minced
1 cup chopped seeded peeled tomato (about 8 ounces)
4 cups awesome vegetable broth
2 tablespoons chopped fresh mint
2 cups chopped zucchini
1/4 teaspoon freshly ground black pepper
Salt and pepper to taste
Premade turkey meatballs

Add 1 cup onion, carrot, and garlic and olive oil to pan; sauté 5 minutes or until vegetables are tender. Add tomato to pan, stirring to combine. Stir in broth; bring mixture to a boil. Add meatballs and mint to pan. Reduce heat, and simmer 35 minutes. Add zucchini, rice, salt, and pepper to pan. Cook 10 minutes. Garnish with 1/4 cup cilantro.