

# Tortilla Meatball Soup

**YIELD:** Serves 6      **HANDS-ON:** 43 Minutes

**TOTAL:** 1 Hour, 30 Minutes

## Ingredients

- 24 frozen meatballs (or homemade)
- 2 jalapeño peppers
- 1 red bell pepper
- 1 green bell pepper
- 2 ears corn on the cob (or 2 cups frozen corn kernels)
- 4 (6-inch) corn (or flour) tortillas, cut into ½-inch-thick strips
- Cooking spray
- ½ teaspoon kosher salt
- 5 garlic cloves, minced
- 1 cup (½-inch-thick) slices carrot
- 1 tablespoon olive oil
- 2 cups chopped onion
- 2 cups (¾-inch) cubed red potatoes
- 3 cups fat-free, lower-sodium chicken broth
- 2 cups water
- 1 tablespoon chipotle chile sauce
- ½ cup shredded Monterey Jack cheese
- ¼ cup shredded extra-sharp cheddar cheese
- ½ cup chopped fresh cilantro



### *For the meatballs:*

- ¼ teaspoon kosher salt
- 1 garlic clove, minced
- 1/3 cup panko (Japanese breadcrumbs)
- 1 pound ground sirloin
- 1 large egg, lightly beaten
- 1 chipotle chile, canned in adobo sauce, minced

1. Preheat broiler.
2. Cut jalapeños and bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet. Arrange corn on baking sheet with peppers. Broil 4 to 6 minutes or until blackened, turning corn once. Place peppers in a paper bag; fold to seal. Let stand 15 minutes; peel. Mince jalapeños, and coarsely chop bell pepper. Cut corn kernels from cobs. Set aside.
3. Place tortilla strips in a single layer on a baking sheet; lightly coat with cooking spray. Broil for 3 minutes or until golden brown, turning after 2 minutes. Set aside.
4. Combine 1/4 teaspoon salt, 1 garlic clove, panko, and the next 3 ingredients (through chipotle chile) in a large bowl, and gently mix until just combined. With moist hands, shape the meat mixture into 24 meatballs (about 2 tablespoons each). **OR you can just use frozen meatballs to make it easy**
5. Place a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add meatballs to pan; sauté for 8 minutes, turning to brown on all sides. Remove from pan. Add onion, potatoes, and carrot to pan; sauté 5 minutes, stirring occasionally. Add remaining 5 garlic cloves; cook 1 minute, stirring constantly. Add peppers, broth, and 2 cups water; bring to a boil. Reduce heat; simmer 20 minutes or until vegetables are almost tender, stirring occasionally. Return meatballs to pan. Add remaining 1/2 teaspoon salt and corn; return to a simmer. Cook 10 minutes or until meatballs are done. Ladle 1 1/2 cups soup into each of 6 bowls; top each serving with 4 teaspoons Monterey Jack cheese, 2 teaspoons cheddar cheese, and 4 teaspoons cilantro. Top evenly with tortilla strips.

Source: 

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