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# Spiced Meatball Soup

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Servings: 4

**1 onion, halved**  
**1 1/4 pounds lean ground beef**  
**4 teaspoons ground cinnamon**  
**1 teaspoon ground cumin**  
**1 teaspoon ground allspice**  
**Kosher salt**  
**freshly ground pepper**  
**3 tablespoons extra-virgin olive oil**  
**1 lemon, halved**  
**3 carrots, diced**  
**1 can (28 ounce) diced tomatoes**  
**1 quart low-sodium chicken broth**  
**1 bag (10 ounce) frozen cooked rice**

Grate 1/2 of the onion over a medium bowl, collecting any juices in the bowl. Add the beef, two teaspoons of cinnamon, the cumin, allspice, 3/4 teaspoon salt and 3/4 teaspoon of pepper. Mix well. Form into twenty-four meatballs (about one rounded tablespoon each).

Heat two tablespoons of olive oil in a Dutch oven or other heavy pot over medium-high heat. Add the meatballs and cook, turning occasionally, until browned, about 6 minutes. Remove the meatballs to a plate. Wipe out the pot with a paper towel.

Dice the remaining 1/2 onion. Cut one of the lemon halves into four wedges and juice the other half. Heat the remaining one tablespoon of olive oil in the pot over medium-high heat. Add the onion and carrots. Cook, stirring, until they begin to soften, about 4 minutes. Season with salt and pepper. Add the remaining two teaspoons of cinnamon and cook, stirring, to coat, 1 minute.

Add the tomatoes, chicken broth, rice and meatballs to the pot. Bring to a boil. Reduce the heat to a simmer and cook until the meatballs are cooked through and the soup thickens, 8 to 10 minutes. Remove from the heat and stir in the lemon juice. Season with salt and pepper.

Divide the soup among bowls. Serve with the lemon wedges.

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 549 Calories; 42g Fat (64.1% calories from fat); 38g Protein; 16g Carbohydrate; 4g Dietary Fiber; 106mg Cholesterol; 164mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Fruit; 5 1/2 Fat.*