



SPAIN

DINNER

PRINTABLE RECIPE PDF

Spanish Albondigas en Salsa

Albondigas en salsa is a beloved Spanish dish that showcases the rich culinary traditions of Andalusia. These meatballs are often served in a flavorful tomato

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 400 g ground beef
- 200 g ground pork
- 1 cup fresh breadcrumbs - preferably from a day-old baguette
- 1 large egg
- 3 cloves garlic - minced
- 2 tbsp fresh parsley - chopped
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp olive oil - for frying
- 400 g canned tomatoes - crushed or whole
- 1 medium onion - chopped
- 1 tsp paprika
- 1 cup chicken broth - or water
- 1 tsp sugar - to balance acidity

WHY THIS WORKS

About this recipe

A printable Spanish Albondigas en Salsa recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Albondigas en salsa is a beloved Spanish dish that showcases the rich culinary traditions of Andalusia. These meatballs are often served in a flavorful tomato sauce and are a staple in Spanish households, reflecting the Mediterranean

ORIGIN & TRADITION

Mediterranean context

Albondigas en salsa is a beloved Spanish dish that showcases the rich culinary traditions of Andalusia. These meatballs are often served in a flavorful tomato sauce and are a staple in Spanish households, reflecting the Mediterranean emphasis on fresh ingredients and communal meals.

METHOD

Step-by-step instructions

1

In a large bowl, combine the ground beef, ground pork, breadcrumbs, egg, minced garlic, parsley, salt, and pepper. Mix thoroughly until well combined, then form into small meatballs, about the size of a golf ball.

2

Heat olive oil in a frying pan over medium heat. Add the meatballs in batches and brown them on all sides. Once browned, remove and set aside.

3

In the same pan, add chopped onion and sauté until translucent. Stir in the paprika and cook for an additional minute.

4

Add the crushed tomatoes, chicken broth, and sugar to the pan, stirring well. Bring the sauce to a simmer.

5

Return the meatballs to the pan, cover, and cook for 20 minutes on low heat until the meatballs are cooked through and the flavors meld.

CHEF'S TIP

For an extra touch of authenticity, serve the albondigas with a drizzle of high-quality Spanish olive oil and a sprinkle of fresh parsley before serving.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	25 g
Protein	30 g	Fiber	2 g
Carbohydrates	35 g	Sodium	600 mg

SERVING SUGGESTION

Serve hot, accompanied by crusty bread to soak up the rich tomato sauce, and a side salad for a complete meal.

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