

HISTORY AT HOME

#TXHistoryAtHome

Hispanic Heritage

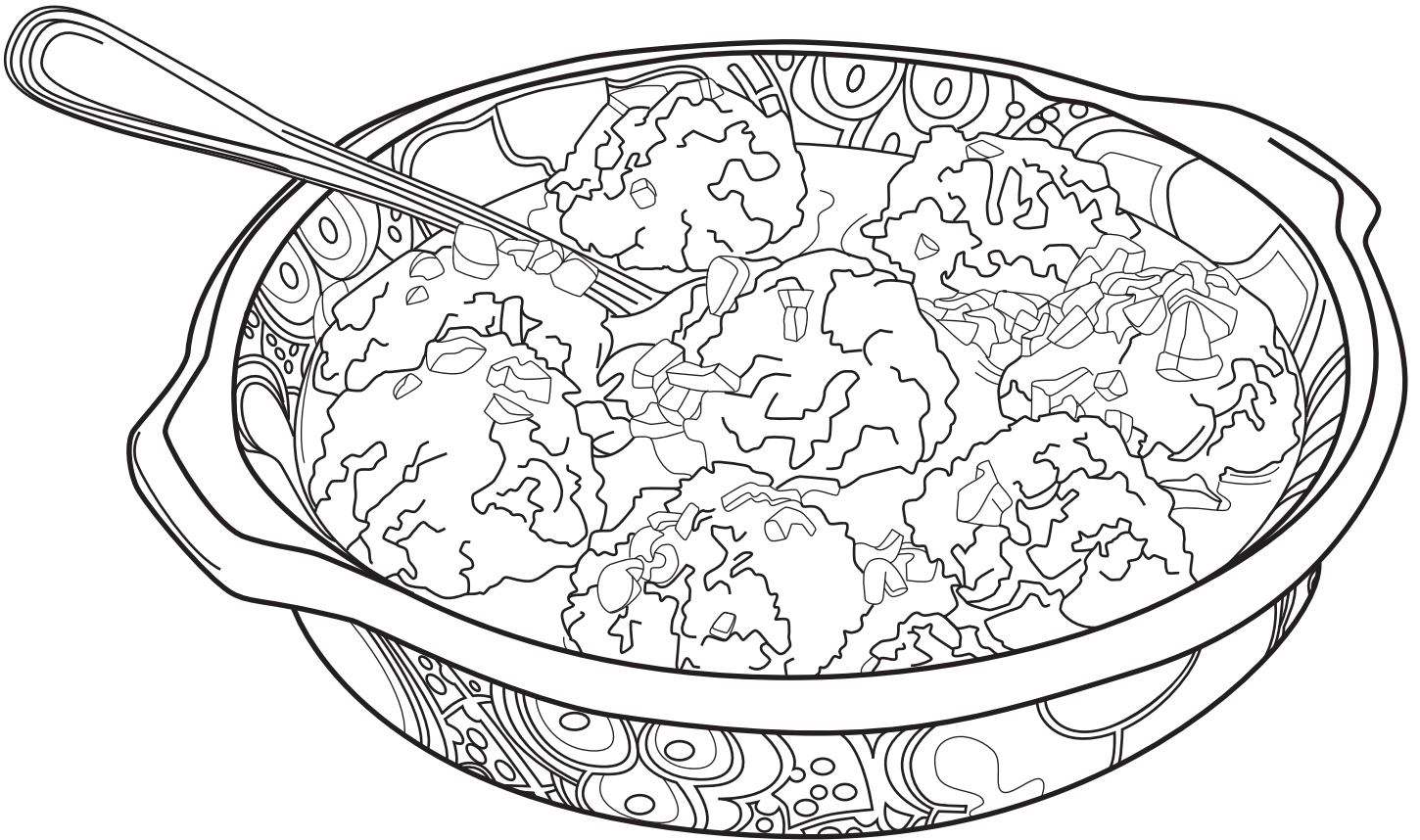
ALBONDIGAS (MEXICAN MEATBALLS)

Mrs. Joseph Magoffin

From *The El Paso Cookbook*, published in 1898,
and compiled by the Ladies' Auxiliary of the Y.M.C.A.
in El Paso.

“Two pounds of Hamburg steak; four soda crackers dissolved in water; two eggs; a little chopped onion and tomatoes; season with salt, pepper and a little sage. Mix well—into a stew pot put a little chopped onions and tomatoes; first having heated a spoon of lard, fry for a few moments; then fill the vessel half full of water; when boiling make meat mixture into balls, size of a partridge egg; drop into water and cook for two hours and a half.”

CONTINUED ON BACK



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El Paso, Texas

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Albondigas and Mexican meatball soup are longtime favorites, inspiring many variations today. Look up *albondigas* to see how present-day cooks are making the recipe and add or delete ingredients to make Mrs. Magoffin's recipe your own.

List your ingredients:

Write your recipe, along with any hints or tips:

Draw your serving bowl for the *albondiga*.