



Mexican Noodle Soup (Sopa de Fideo)

Sopa de Fideo is a classic Mexican comfort food, loved for its warm, rich tomato broth and golden-toasted noodles. A staple in home cooking, this simple yet flavorful soup is a taste of tradition, often served with a squeeze of lime for the perfect balance. 🇲🇽✨

Serves: 4

Ingredients

- 10 cups vegetable stock
- 1 tablespoon oil (optional)
- 8 ounces angel hair pasta, broken in 1 in. pieces
- 2 cups fresh diced tomatoes (or 1 can diced tomato, no salt added)
- ½ white onion, chopped
- 3 garlic cloves, peeled
- 1 Mexican zucchini, diced
- 1 lime, cut into quarters
- Salt to taste

Directions

1. Heat vegetable stock until boiling, then set aside.
2. In a large pot over medium heat, add oil and noodles, stirring until golden brown (about 3 minutes).
3. While noodles brown, blend tomatoes, onion, garlic, and 2 cups of stock until smooth.
4. Strain blended mixture into the pot with noodles, stirring to prevent sticking. Simmer for 1 minute.
5. Add remaining stock and bring to a boil. Add zucchini and cook until both the noodles and zucchini are tender, stirring often. Add salt to taste as needed.
6. Serve hot with a lime wedge for squeezing.

Nutrition Info per serving:

Calories: 304, Saturated Fat: 0.6 g, Sodium: 308.6 mg, Added Sugars: 0 g, Fiber: 4.1 g, Protein: 9.8 g

Recipe Adapted from::

<https://dorastable.com/sopa-de-fideo-mexican-noodle-soup/#recipe>