

Mexican Noodle Soup / Sopa de Fideos

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-noodle-soup-sopa-de-fideos-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 8 ounces vermicelli pasta – Fideos
- 10 ounces roasted tomatoes
- 1 large garlic clove or 2 small ones
- 1/2 cup white onion chopped
- 6 cups chicken broth or water mixed with granulated chicken bouillon
- salt
- pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 55 grams
3. Fat: 12 grams
4. Fiber: 4 grams
5. Protein: 17 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 400 milligrams
8. Sugar: 3 grams

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