

# Mexican Pasta Soup

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pasta-soup-recipe>

## Ingredients:

- 1 tablespoon vegetable oil
- 2 ounces carrots diced
- 1 1/2 ounces onion finely chopped
- 1 garlic clove finely chopped
- 3 1/2 ounces pasta Gears-wheels, \* See Notes
- 4 cups warm water
- 1 1/2 cubes tomato Knorr, bullions
- 2 ounces green peas defrosted and drained
- 1/2 ounce parsley or cilantro chopped
- lime wedges for serving time

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 27 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 25 milligrams
7. Sugar: 3 grams

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