

# Mexican Vermicelli Soup with Chicken and Vegetables

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 3 cups chicken cooked shredded, or cut in cubes
- 8 cups chicken stock
- 8 ounces vermicelli
- 2 carrots small diced, About 1 1/4 cup
- 1 zucchini diced, About 1 cup
- 1 chayote diced, about 1 1/2 cup
- 1 potato Small diced, 6 1/2 ounces
- 2 tomatoes chopped /10 ounces/3cups
- 2 garlic cloves
- 1/4 onion finely diced/2 ounces/About 1/2 cup
- 2 tablespoons olive oil or vegetable oil
- 1 cup water
- salt
- freshly ground black pepper
- chopped cilantro Some finely, to garnish or just the springs, optional
- lemon wedges for serving

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 125 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 59 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1050 milligrams
9. Sugar: 18 grams

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