

Mexican Noodle Soup

Yield: 5 min
Total Time: 35 min

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

Ingredients:

- 2 tablespoons oil
- 1 onion diced
- 4 garlic cloves rough chopped
- 1 1/4 pounds chicken breast diced into cubes, or two cans chickpeas, drained
- 1 teaspoon salt more to taste
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 2 teaspoons coriander
- 2 teaspoons dried Mexican oregano or a couple bay leaves
- 1/4 teaspoon chipotle powder or cayenne, or to taste
- 1 tomato – diced
- 1 can diced green chilies optional
- 4 cups chicken stock
- 4 cups water
- 4 ounces noodles dry linguini, or pasta, or gluten-free or rice noodles– see notes
- 1 lime
- avocado slices optional
- sour cream optional
- fresh cilantro optional
- scallions optional
- lime optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 100 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 34 grams

7. SaturatedFat: 2.5 grams
 8. Sodium: 910 milligrams
 9. Sugar: 7 grams
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