

Sopa de Fideo - Mexican Noodle Soup

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vermicelli-noodle-soup-recipe>

Ingredients:

- 3 teaspoons vegetable oil
- 8 ounces fideo vermicelli or angel hair noodles, broken into 1-inch pieces
- 14 ounces tomatoes chopped or crushed
- 4 garlic cloves
- 1 onion medium, chopped
- 8 cups chicken broth or vegetable broth, water mixed with chicken bouillon works too
- 1 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon cayenne pepper
- salt
- pepper
- 1 lime
- 1/4 cup chopped cilantro
- 1 avocado

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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