Mexican Noodle Soup

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

Fideo soup is commonly found in central Mexico and is made with a tangy tomato base and golden-brown noodles. There are many variations to this classic dish, so experiment with different peppers, spices, and other ingredients to find what suits your tastes!

About the Recipe

328 Calories · 15 g Protein · 5.8 g Fiber
Lunch

Ingredients

Makes 4 Servings

- 8 oz (227 g) fideo noodles (or thin spaghetti, broken into 1-inch pieces)
- 1 15-oz (425-g) can low-sodium diced tomatoes
- 1/2 white onion, chopped
- 2 cloves garlic, peeled
- 1 chipotle pepper in adobo
- 1 tsp (5 mL) dry oregano
- 1 1/4 cups diced zucchini
- 1 1/2 c (350 mL) low-sodium vegetable broth
- 4 oz (133 g) silken tofu
- 1/2 tbsp (7.5 mL) lemon juice
- 1/2 clove garlic
- 1 tbsp (15 mL) low-fat nondairy milk of choice
- 1 tsp (5 mL) nutritional yeast
- Iodized salt **optional*
- Ground black pepper **optional*

- 1/4 c (4 g) chopped cilantro

Directions

1. To make the tomato broth, place the diced tomatoes, chipotle pepper, onion, garlic, and 1 c (240 mL) of broth into a food processor and process until smooth. Set aside.
2. Set a large pot to medium heat. Add noodles and dry toast them until golden brown. Add tomato broth and let simmer, stirring constantly, until the tomato broth turns a deep-red color about 2 minutes. Add zucchini, oregano, and remaining 1/2 c (120 mL) of broth.
3. Turn heat to low and continue simmering and stirring until the noodles and zucchini are tender, about 10 to 12 minutes. Season to taste.
4. While the noodles are simmering, place the tofu, lemon juice, garlic, and nutritional yeast in the blender and process until smooth. Season to taste.
5. If there is too much liquid in your noodles, let them sit for 5 minutes and let the pasta absorb the excess moisture.
6. Place noodles on a serving dish and drizzle the tofu crema on the noodles and sprinkle with chopped cilantro.

Nutrition Facts

Per serving:
Calories: 328
Fat: 3.6 g
    Saturated Fat: 0.6 g
    Calories From Fat: 9%
Cholesterol: 0 mg
Protein: 15 g
Carbohydrate: 58 g
Sugar: 6 g
Fiber: 5.8 g
Sodium: 393 mg
Calcium: 98 mg
Iron: 3.6 mg
Vitamin C: 21 mg

Beta-Carotene: 650 mcg
Vitamin E: 0.1 mg