# Sopa de Fideo (Mexican Noodle Soup)

Sopa de Fideo, also known as Mexican noodle soup, is a tomato-based soup that's easy to make and perfect for the whole family! This satisfying and comforting soup is also vegetarian and vegan.

Prep Time 5 mins | Cook Time 30 mins | Total Time 35 mins

## Ingredients

- 2 14.5 ounce cans fire roasted diced tomatoes
- 1 medium onion, chopped
- 1 teaspoon minced garlic (about 1 large clove)
- 1/2 teaspoon cumin powder
- 6 cups chicken or vegetable broth, divided
- 2 tablespoons olive oil, divided
- 8 ounces fideo pasta
- 2 teaspoons salt, plus more to taste

## Instructions

1. Add canned tomatoes, onions, garlic, cumin and 1 cup broth in a large blender. Blend until completely smooth. Blend this in a blender until smooth.
2. Heat a medium saucepan over medium high heat. Add 1 tablespoon of olive oil and add blended tomato sauce. Cook for 5 minutes, stirring occasionally. Remove from heat.
3. Heat a Dutch oven or large pot over medium high heat. Add the remaining tablespoon of olive oil and add fideo pasta noodles. Stir fry for 3 to 4 minutes, until pasta has browned a little and begun to blister.
4. Add the warm blended tomato sauce, the remaining 5 cups of broth and salt. Stir together to combine, cover and cook for 20 minutes, until the noodles are cooked through.
5. Taste and season with more salt if necessary.

https://www.isabeleats.com/sopa-de-fideo/

From:
https://cook.allard.one/ - **The ARC**

Permanent link:
**https://cook.allard.one/sopa_de_fideo**

Last update: **2020/11/01 01:59**