



Fideo Soup

Ingredients:

- 12 oz thin pasta: different options - thin spaghetti noodles, angel hair pasta, vermicelli pasta
- ½ onion, chopped
- 1 small potato, chopped
- 1 can of tomato sauce
- 2-3 cups of water
- 2 tbsp chicken bouillon
- 1 tbsp oil of choice

Instructions:

1. Break your pasta into small pieces that are about 1 inch long and add to pot with oil to toast until golden brown
2. While pasta is toasting add pieces of chopped onion and cook for 3-4 minutes then add pieces of chopped potato
3. Once onions are translucent add can of tomato and mix all ingredients together
4. Add around 3 cups of hot water and season with chicken bouillon
5. Serve and enjoy!

Ideas:

- Could add lime as well if you want a bit of acidity
- Can add a variety of vegetables, including zucchini and carrots
- Can also add cilantro if desired

Nutrition Information: 362kcal, 3g fat, 69g cho, 12g protein, 48mg sodium

Prep Time: 5 minutes

Cooking Time: 20 minutes

Equipment:

Chef's Knife

Large Pot

Cutting Board

Mixing Spoon

Measuring Cups/ Spoons

Servings: 5 servings

Serving Size: 1 cup



Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry