

Fideo Soup

Soup of the Month June - 2015



Simple soup. Just mix up a pot of wholesome soup with basic ingredients you have on hand.

Prep Time: 15 Min

Start to Finish: 35 Min

Makes: 8 servings (3/4 cup each)

INGREDIENTS

1 package (7 oz.) uncooked fideo pasta or 7 oz. spaghetti pasta, broken into 1 1/2 inch pieces
 1 can (14.5 oz.) no-salt-added peeled whole tomatoes, un-drained
 1/2 cup no-salt-added tomato sauce
 4 1/2 to 5 1/2 cups reduced-sodium chicken broth (from two 32-oz cartons)

1/3 cup vegetable oil
 1/4 cup coarsely chopped white onion
 1 teaspoon minced garlic or 2 whole peeled garlic cloves
 1 teaspoon tomato bouillon granules with chicken flavor
 2 fresh parsley sprigs
 Fresh parsley, if desired for garnish

DIRECTIONS

1. Heat oil in 6-quart Dutch oven over medium-high heat. Cook (uncooked) pasta in oil, stirring constantly, until golden. Remove from heat; drain and discard excess oil. Return pasta to Dutch oven.
2. In blender, place tomatoes, tomato sauce, 1/2 cup of the chicken broth, the onion and garlic; cover and blend until smooth. Add mixture to pasta in Dutch oven; stir in bouillon. Cook uncovered over medium heat 2 to 3 minutes or until mixture is bubbly and slightly thickened, stirring occasionally. Stir in enough remaining chicken broth for desired consistency; stir in 2 parsley sprigs.
3. Cover and cook 12 to 16 minutes or until pasta is tender, stirring occasionally. Remove parsley sprigs. Garnish with chopped parsley if desired.



Recipe Provides: Fats & Oils 2tsp, Grains 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Serving	Total Fat: 10 g	Saturated Fat: 1 1/2 g
Calories: 220	Calories from Fat: 90	Carbohydrates: 28 g
Cholesterol: 0 mg	Dietary Fiber: 2 g	Sodium: 500 mg
Sugars: 4 g	Protein: 6 g	



Recipe adapted from www.eatbetterearly.com