

## Sopa Fideos a la Mexicana

**Fideo makes this an easy and quick dish, full of flavor with seasonal vegetables and very little fat**

**Linda Triesch RD, LD, CDE**

Serves 6

Ingredients:

1 Tablespoon **Extra Virgin Olive Oil**

1 package **Fideo Vermicelli** or 5 ounces **Whole Wheat Spaghetti** broken into pieces

1 cup **Sofrito**, (see recipe on reverse side)

1 cup each: chopped **Mixed Yellow and Zucchini Squash & Tomato** (or seasonal mixed vegetables)

1 quart **Low Sodium Chicken Stock**

**Salt and Black Pepper**, to taste

Garnish:

1 **Avocado**, diced

2 Tablespoon each, **Onion & Cilantro**

Directions:

1. Heat a large skillet over medium heat, add oil. Add vermicelli, stirring constantly until starting to brown. Remove with a slotted spoon and set aside.
2. Add sofrito. Stir for about a minute or until fragrant. Add rest of vegetables, stirring constantly for another minute.
3. Add chicken stock, reserved vermicelli, and bring to boil. Cover and reduce heat to medium low and cook for 10 minutes. Serve in bowls, Garnish with avocado, onion and cilantro.

Sofrito a la LÍnda - A flavorful foundation used in many Latin influenced dishes.

Makes approximately 3 cups

1 **Pablano Pepper**, seeds removed (may substitute Green Bell Pepper)

½ **Red Pepper**, seeds removed

2 **Large Roma Tomatoes**

1 **Medium Onion**, peeled

½ head of **Garlic**, Peeled

!/2 bunch **Cilantro** leaves

¼ bunch **Flat Leaf Parsley** leaves

Roughly chop and blend all the ingredients in a food processor or blender. Best stored in a glass container and refrigerated immediately. Discard after 2-3 days. Can be frozen in ½ - 1 cup portions for later use.