

Sopa de Fideo (Mexican Noodle Soup)

(Recipe thought to be from PCRM, but cannot locate online)

8 oz. whole-wheat spaghetti, broken into 1" pieces

1 14-oz. can diced tomatoes

½ white onion, roughly chopped

3 garlic cloves, peeled

10 cups vegetable broth

2 zucchini, diced

1 large avocado, diced (optional)

Directions:

In a medium pot, bring the vegetable broth to a boil and then set aside.

Heat a large pot over medium-high heat. Once hot, add the dry noodles and stir. Continue to cook until lightly toasted and golden brown, about 3 minutes. While the noodles are browning, place the tomatoes, onion, garlic, and 2 cups of the veggie broth in a blender and process until smooth.

Add this mixture directly into the golden noodles still in the hot pot. Stir to prevent the noodles from sticking, and simmer for 1 minute. Add the rest of your stock and boil until the noodles are al dente, stirring often. Season with salt and pepper.

In a skillet over medium-high heat. Sauté the zucchini in a small amount of water for 3-4 minutes, until tender. Season with salt and pepper. Add to the soup.

Top with optional avocado and serve.