

# Sopa de Fideo (Chickpea Noodle Soup)



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 14

**Prep:** 15 minutes | **Cook:** 45 minutes

## INGREDIENTS

- 3 tablespoons vegetable oil
- 3 cloves of garlic, minced
- 1/2 onion, diced
- 2 carrots, diced
- 1 medium potato, diced
- 2 (15 ounce) cans chickpeas, drained and rinsed
- 1 (15 ounce) can diced tomatoes
- 1 bunch of cilantro, minced
- 6 cups of low sodium vegetable stock
- 2 cups spaghetti noodles, broken into small pieces
- 1 teaspoon of cumin
- 1 bay leaf
- 1/2 teaspoon salt
- 1 teaspoon pepper

## DIRECTIONS

1. In a stockpot, combine vegetable oil, garlic, cumin, bay leaf, salt and pepper. Sauté for a few seconds.
2. Add onions and cook for a few minutes. Add carrots, potatoes and chickpeas.
3. Stir in tomatoes and cilantro. Let simmer together for a few minutes.
4. Add stock. Let simmer for 30-45 minutes or until potatoes are soft.
5. Break spaghetti into thirds and add to pot. Simmer for 7-10 minutes or until noodles are soft.
6. Garnish with cilantro, and serve. Enjoy!



## Nutrition Information

*Serving size: 1/14 of recipe*

<b>Calories</b>	<b>277</b>
<b>Total fat</b>	<b>3.9 g</b>
Saturated fat	0.4 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>600 mg</b>
<b>Carbohydrates</b>	<b>48.6 g</b>
Fiber	12.1 g
Sugars	8.7 g
<b>Protein</b>	<b>14.3 g</b>

Recipe source: Chef Jessica Holmes