Sopa de Fideo (Chickpea Noodle Soup)

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
- Calories: 277
- Total fat: 3.9 g
- Saturated fat: 0.4 g
- Cholesterol: 0 mg
- Sodium: 600 mg
- Carbohydrates: 48.6 g
- Fiber: 12.1 g
- Sugars: 8.7 g
- Protein: 14.3 g

Recipe source: Chef Jessica Holmes