

Mexican Style Noodle Soup

- *Sopa de fideo*



Ingredients

2 large	tomatoes; pureed with 1/4 cup water (or two cups of canned crushed tomatoes)
2 tbsp	vegetable oil
1/4 medium	onion; peeled and cut into large pieces
1/2 lb	<i>fideo</i> dry pasta (see *NOTE below)
2 cloves	garlic; peeled
8 cups	water (or chicken broth, see **NOTE below)
1/4 cup	tomato paste
1 tsp	salt, or more, to taste
2	limes; to serve

To a large pot over medium heat, add vegetable oil and onions. Cook for one minute, then add pasta. Lower heat and continue cooking, stirring to prevent burning, until the onions become translucent. Add garlic and continue cooking until the pasta has turned golden brown; do not leave the pot unattended, since the noodles change colour quickly and might burn. Pour tomato puree through a strainer (or add canned crushed tomatoes), and stir to prevent pasta from over-browning. Add water (or broth), tomato paste and salt. Stir to incorporate everything together. Increase heat to medium-high to bring soup to a boil, then reduce to a simmer, and cook for another five minutes. Remove pot from heat, remove and discard onion and garlic, and allow soup to rest for another five minutes. Serve with lime wedges and salt on the side.

*NOTE: If Mexican *fideos* are not available, short vermicelli for Middle Eastern rice work great, too. This dish may also be modified by using any small pasta shape, such as star, orzo or alphabet; this version is also traditional, and it is simply called *sopa de pasta* (pasta soup).

**NOTE: The traditional recipe calls for chicken broth, and many cooks use water and instant chicken bouillon to prepare this soup. Using water gives the dish a milder taste, and keeps it vegetarian.