



Makes 2 servings
Preparation Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ medium yellow onion, diced
3 medium garlic cloves, minced
1 small zucchini, diced
1 (7-ounce) package whole wheat angel hair pasta, broken into small pieces
2 Roma tomatoes, diced
1½ teaspoons ground cumin
5 cups vegetable broth
1 (8-ounce) can tomato sauce

Toni Okamoto's Sopa de Fideo

Sopa de Fideo, also called Sopita by my family, is a soup that my grandma used to make for me when I was little, and sitting down to a steaming bowlful still feels like being wrapped in one of her hugs. Traditionally, the broth is made by blending fresh Roma tomatoes, but I use canned tomato sauce because I learned to make it that way—and because I don't want to have to wash the blender! I then stir in a couple of diced fresh tomatoes for extra flavor and texture.

This recipe is from Toni Okamoto's cookbook [Plant-Based on a Budget: Quick & Easy](#).

For more easy vegan Mexican recipes, check out these tasty ideas:

- [Mexican Breakfast Hash with Lime Crema](#)
- [Red Onion and Charred Cauliflower Tacos](#)
- [Mexican Chocolate Nice Cream](#)
- Or check out our full collection of [vegan Mexican-inspired recipes](#)

By Toni Okamoto

- 1** In a medium saucepan, heat ¼ cup water over medium-high heat. Sauté the onion and garlic in it for 1 minute. Add the zucchini and pasta and sauté until the noodles turn very light brown, 1 to 2 minutes.
- 2** Add the tomatoes, cumin, broth, and tomato sauce and stir until thoroughly combined.
- 3** Bring to a boil, cover with a lid, reduce the heat to low, and let simmer until the pasta has softened, about 10 minutes.