

Mexican Sopa de Conchas

Prep Time 5 mins	Cook Time 15 mins	Total Time 20 mins
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5 from 1 vote

Course: Main Course, Soup Cuisine: Mexican

Keyword: Mexican Sopita, Sopa de Conchas Servings: 4 people

Calories: 272kcal

Ingredients

- 14 oz chopped tomatoes
- 9 oz shell pasta
- 1/2 onion
- 4 1/2 cups vegetable stock
- salt and pepper
- Fresh coriander or cilantro to garnish

Instructions

1. If you are using fresh tomatoes, roughly chop them. Chop the onion.
2. Add the tomatoes and onion into a food processor. Blend until you have a sauce-like texture.
3. Add some olive oil to a large pot where you'll be cooking the soup, and add the shell pasta. Cook at medium heat until the pasta starts to turn golden. Be careful not to burn it, as it can add a burnt taste to your soup.
4. When the pasta is golden brown, add the tomato and onion mixture, combine well, and let it simmer for a couple of minutes.
5. When the tomato sauce has been gently bubbling for 5-7 minutes, add the vegetable broth. Combine well and bring the liquid to a simmer.
6. Cook until the pasta is al dente. Avoid overcooking the pasta as it will keep cooking after turning the heat off.
7. Serve straight away and garnish with some fresh coriander.

Notes

- You can add some nutritional yeast to add a lovely cheesy touch while keeping this recipe vegan.
- If you like some spice, add some chili oil before serving.

Nutrition

Calories: 272kcal | Carbohydrates: 56g | Protein: 9g | Fat: 1g | Saturated Fat: 0.2g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 0.1g | Sodium: 1204mg | Potassium: 349mg | Fiber: 3g | Sugar: 7g | Vitamin A: 679IU | Vitamin C: 10mg | Calcium: 47mg | Iron: 2mg