



Sopa Seca: Mexican Noodle Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 to 2 chipotles en adobo sauce minced
- ☐ 1 bay leaf
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 cups tomatoes whole canned
- ☐ 4 ounces coarsely cheddar cheese grated
- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 1 teaspoon new mexican chili powder
- ☐ 4 servings cream thinned sour with a bit of milk, optional
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin for pan
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 cups turkey smoked shredded
- ☐ 12 ounces fideos bundled vermicelli
- ☐ 12 ounces fideos bundled vermicelli

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

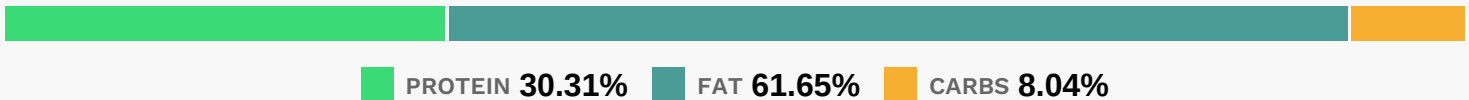
Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Brush a 9-inch square baking dish with oil.
- ☐ Heat the extra-virgin olive oil in a large skillet over medium heat.
- ☐ Add the fideos and cook, turning them with tongs, until golden brown on both sides, about 5 minutes.
- ☐ Transfer the bundles and any broken pieces to a plate.
- ☐ Add the onion to the skillet and cook over medium heat, stirring occasionally, until golden brown, about 8 minutes. Stir in the garlic, coriander, oregano, chili powder, and bay leaf, and cook until fragrant, about 30 seconds. Crush the tomatoes over the pot with your hand and add them to the pot along with their juices.
- ☐ Add the chipotles, increase the heat to high, and cook until thickened, about 2 minutes. Stir in the broth, the toasted fideos, salt, and pepper, to taste. Bring mixture to a boil, reduce heat,

and simmer gently, uncovered, breaking up the fideos with a spoon, for about 5 minutes. Stir in the turkey.

- ☐ Remove the bay leaf.
- ☐ Transfer the mixture to the prepared baking dish, sprinkle the grated cheese over the top, and cover loosely with foil.
- ☐ Bake until the cheese melts and the casserole is hot through and through, about 20 minutes. If desired, serve with some crema drizzled over the top.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:18.093913026478%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 508.89kcal (25.44%), Fat: 34.91g (53.71%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.99g (4.43%), Cholesterol: 110.52mg (36.84%), Sodium: 1436.79mg (62.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.62g (77.24%), Selenium: 33.57µg (47.96%), Phosphorus: 371.49mg (37.15%), Vitamin B3: 6.44mg (32.18%), Vitamin B6: 0.64mg (32.03%), Calcium: 293.59mg (29.36%), Vitamin B12: 1.68µg (27.93%), Zinc: 4.11mg (27.39%), Vitamin E: 3.36mg (22.38%), Vitamin B2: 0.36mg (21.32%), Vitamin K: 17.15µg (16.34%), Iron: 2.9mg (16.12%), Vitamin A: 780.91IU (15.62%), Potassium: 493.72mg (14.11%), Vitamin C: 11.25mg (13.64%), Magnesium: 51.92mg (12.98%), Manganese: 0.21mg (10.52%), Copper: 0.18mg (9.03%), Fiber: 2.05g (8.18%), Vitamin B5: 0.68mg (6.84%), Folate: 24.87µg (6.22%), Vitamin B1: 0.09mg (6.22%), Vitamin D: 0.4µg (2.64%)