

# SMART FUN DIY

SAVE MONEY + GET CREATIVE + EAT HEALTHY + LIVE HAPPY

## Vegan Sopa De Fideo Recipe

By Jennifer Priest

**Serves:** 6

**Cook Time:** 2 hours

### Ingredients:

- 1 medium spaghetti squash (3 cups cooked)
- 2 TBSP olive oil
- fresh cracked pepper, to taste
- 1 small onion, diced
- 2 crushed garlic cloves or 1/2 TBSP chopped garlic
- 8 oz. can of tomato sauce
- 1/2 cup water
- 1/2 tsp ground cumin
- 1 tsp kosher sea salt
- lime wedges (optional)
- chopped cilantro (optional)



### Directions:

1. Preheat the oven to 400°F.
2. Cut the spaghetti squash in half lengthwise and scoop the seeds from the middle.
3. Line a baking sheet with parchment paper and lay the spaghetti squash halves on it, cut side up. Drizzle with 1 TBSP of olive oil, 1/2 tsp of kosher sea salt, and fresh cracked pepper.
4. Bake the squash in the oven for 60 minutes or until it pulls apart easily with a fork.
5. Remove the squash from the oven and allow to cool.
6. Use a fork to break up the spaghetti squash into strands. Measure 3 cups of the squash and set aside.
7. Heat 1 TBSP of olive oil on high heat.
8. Add onion and garlic, cooking until translucent.
9. Reduce to medium heat. Add the spaghetti squash and stir to heat through.
10. Add the cumin and tomato sauce. Pour the water into the tomato sauce can and then pour into the pot.
11. Simmer on medium heat until the liquid reduces.
12. Remove from heat and serve with chopped cilantro and a lime wedge.

Find original recipe at: <http://jenniferppriest.com/sopa-de-fideo-recipe-spaghetti-squash>