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Tortellini Soup with Tomatoes and Spinach

Ingredients

1 tablespoon extra virgin olive oil
1 medium yellow onion, chopped
3 cloves garlic, minced
4 cups reduced sodium chicken broth (like College Inn 50% reduced sodium)
2 (14.5 oz.) can petite diced tomatoes, including juices
9-10 oz. frozen tortellini or about half a 19 oz. bag (whole wheat if available - Whole Foods carries them)
1 1/2 teaspoons Italian herb seasoning
1 (5 oz.) bag fresh spinach, chopped
1/2 teaspoon pepper, or to taste
Freshly shredded Parmesan cheese or Publix 6 cheese Italian shredded cheese blend

Directions

In a dutch oven, heat oil over medium-high heat. Sauté onion for 5-7 minutes, or until translucent. Add garlic, and saute for 1 minute.

Add broth and tomatoes. (I like to blend up 1/2 the tomatoes before adding them in. You can do that or just pour them in as is.)

Turn heat to high, cover and bring to a boil. Add tortellini and cook according to package instructions. Within the last minute of cooking the tortellini, stir in Italian herb seasoning and spinach. Taste, and add salt and pepper seasoning, as desired. Serve immediately, garnishing each bowl with a couple teaspoons of cheese.

Yield: 6 servings

Nutrition Info:

Calories: 170 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 12 mg
Sodium: 677 mg Carbohydrate: 25 g Fiber: 4 g Sugar: 11.5 g Protein: 7 g