

Chicken Tortellini Soup

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 8 servings | Serving Size: 1 1/2 cups

Ingredients

8 cups (64 ounces) low-sodium chicken broth
1 can (14.5-ounce) diced tomatoes
1 (10-ounce) package frozen chopped kale
(spinach and/or string beans work well too)
1 teaspoon Italian seasoning
1/2 teaspoon ground black pepper
1 (9-ounce) fresh cheese tortellini
2 1/2 cups cooked diced chicken
1/4 cup grated Parmesan cheese

Directions

1. In a Dutch oven over medium heat, combine stock, tomatoes, kale, Italian seasoning, and pepper.
2. Bring to a boil, then reduce heat to simmer.
3. Cook uncovered for 10 minutes.
4. Add pasta and chicken.
5. Bring to a boil, then reduce heat to simmer.
6. Cook covered until heated through, about 5 minutes.
7. Top with cheese and serve.

Recipe Notes

- Additional fresh or frozen vegetables may be added in step 1 if desired.
- Sodium content varies based on the type of chicken broth you use.

Nutrition Facts Per Serving: Calories: 222 | Total Fat: 4 g | Saturated Fat: 2 g
Sodium: 450 mg | Total Carbohydrate: 25 g | Dietary Fiber: 3.5 g | Protein: 22 g

Submitted by Robin LaCroix
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