

Tortellini Soup

Prep Time: 25 Minutes | Makes: 6 servings

Ingredients

- 1/2 pound ground turkey or ground chicken
- 1 cup chopped carrots
- 1/2 cup chopped onion
- 3 tablespoons tomato paste
- 1 carton (4 cups) reduced-sodium chicken broth
- 1 can (14.5 oz.) diced tomatoes with basil, garlic and oregano
- 1/4 teaspoon pepper
- 2 1/2 cups (or 1/2 of 20 oz. pkg.) refrigerated cheese-filled tortellini
- 2 cups baby spinach leaves or chopped zucchini



Directions

- In large saucepan, cook ground turkey or chicken, carrots and onion over medium heat until the meat is no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat and vegetables in saucepan and pouring off any liquid.
- Stir tomato paste into meat mixture. Cook and stir for 1 minute.
- Stir broth, undrained tomatoes and pepper into mixture in saucepan. Bring to boiling over high heat.
- Stir in tortellini. Return to boiling. Reduce heat slightly.
- Gently boil, uncovered, for 7 to 9 minutes or until tortellini is nearly tender.
- Stir in spinach leaves or zucchini. Ladle into 6 serving bowls.

