

Tortellini and Spinach Soup



Makes:

11 Servings, 2 cups each

Utensil:

9 Qt./8.5 L Braiser Pan with Cover
small mixing bowl

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Recipe:

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Recipe Description:

Spinach, onions and tomatoes are low in saturated fat and low in cholesterol and good cancer fighters. This is a delicious and easy main dish that will have everyone asking for more!

20 ounces
chopped spinach, frozen
(567
g)

2 medium
onions, chopped use Cone #3
32 cloves
garlic, minced

9 cups
vegetable broth
(2.2
L)

28 ounces
tomatoes, diced with juice
(794
g)

2 teaspoons
sugar
(10
mL)

18 ounces
mushroom or cheese tortellini
(513
g)

8 tablespoons
Parmesan cheese, shredded, use Cone #1
(40
g)

½ teaspoon
black pepper
(2.5
mL)

½ teaspoon
salt

(2.5
mL)
2 eggs
6 tablespoons
fresh basil, chopped, optional
(16
g)

Directions:

1. Set spinach out and thaw. If you need to defrost quickly, submerge package in warm water.
2. Preheat braiser pan on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, approximately 4 minutes, place in onion and garlic in pan and stir-fry until onion is tender, approximately 1 minute. Add broth and bring to boil.
3. Drain spinach well, squeezing out excess water. Add to the pan. Add tomatoes and juice and sugar. stir to mix well.
4. Add tortellini and bring back to a boil. Reduce heat to medium-low and simmer uncovered until tortellini is cooked, approximately 5 minutes.
5. Meanwhile, in small bowl, combine Parmesan cheese, salt, pepper and eggs. Stir vigorously.
6. When soup is cooked, slowly drizzle the egg mixture into pan, stirring constantly. Stir and cook for an additional 2 minutes.
7. Remove from heat and spoon into bowls. Serve immediately.

Tips:

- Serve with a green salad and crusty bread for a colorful, healthy meal.

Nutritional Information per

▼ Serving

Calories: 347
Total Fat: 9g
Saturated Fat: 3g
Cholesterol: 63mg
Sodium: 1862mg
Total 53g
Carbs:
Dietary Fiber: 6g
Sugar: 5g
Protein: 16g