

Tortellini Soup

Although the focus of this soup is the delicious cheese-filled pasta, it is also full of vegetables that are inexpensive and available year-round. Try this healthy and hearty recipe to help you meet your goal of eating 7–10 servings of Vegetables and Fruit every day.



Ingredients:

2 Tbsp	Canola oil	30 mL
½ cup	Onion, diced	125 mL
½ cup	Celery, minced	125 mL
2 tsp	Tomato paste	10 mL
8 cups	Water	2 L
2 tsp	Salt	10 mL
1 tsp	Pepper	5 mL
1 tsp	Garlic powder	5 mL
1 tsp	Basil	5 mL
1 tsp	Oregano	5 mL
1 Tbsp	Parsley flakes	15 mL
3 cups	Carrots, sliced	750 mL
2 cups	Green beans (fresh or frozen)	500 mL
1 - 12 ounce pkg	Tortellini	1 - 350 g pkg
2 cups	Broccoli, chopped	500 mL

Directions:

1. In a large pot, heat oil. Add onion and sauté until soft.
2. Add celery and tomato paste; cook and stir until celery is soft.
3. Add water, salt, pepper, garlic powder, basil, oregano, and parsley.
4. Cover and bring to boil.
5. Add carrots, green beans and tortellini. Bring to a boil again; reduce heat and simmer uncovered for 5–10 minutes or until tortellini is tender but not soft.
6. Add broccoli; bring to boil again. Adjust seasoning and remove from heat.

Makes 8 servings (375 mL/ 1 ½ cups/ 416 g)

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Nutrition Facts	
Per 1/8 of recipe (375 mL/ 1 ½ cup/ 416 g)	
Amount	% Daily Value
Calories 360	
Fat 8 g	15 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 20 mg	
Sodium 500 mg	21 %
Carbohydrate 58 g	19 %
Fibre 15 g	60 %
Sugars 4 g	
Protein 16 g	
Vitamin A	50 %
Vitamin C	45 %
Calcium	20 %
Iron	20 %

Nutrient Claim	Amount per serving
Very high in fibre	15 g
Low in saturated fat	2 g
Very high in potassium	922 mg
High in calcium	197 mg
Very high in magnesium	112 mg
Very high in folate	254 mcg
High in iron	2.9 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	¾
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish–Soup, Broth based) according to the Alberta Nutrition Guidelines.