

# Tortellini Soup

-adapted by Meghan McLarney, RDN, Source: unknown

The dry-packed tomatoes rehydrate in this quickly made soup, eliminating the need to steep them.

- **Yield:** 6 servings (serving size: about 1 3/4 cups)

## Ingredients

- 1 1/2 teaspoons olive oil
- 1 cup chopped onion
- 1 cup (1/4-inch-thick) slices carrot
- 2/3 cup chopped celery
- 2 garlic cloves, minced
- 5 cups fat-free, less-sodium chicken broth
- 2 cups water
- 1 1/4 cups sun-dried tomato halves, packed without oil, chopped (about 3 ounces)
- 1/2 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 3 cups fresh cheese tortellini (about 12 ounces)
- 1 lb browned ground turkey, drained
- 1 cup finely shredded cabbage or kale

## Preparation

Brown turkey, Drain. Add oil in a large pot over medium-high heat. Add onion, carrot, celery, and garlic; sauté 5 minutes. Add broth and next 5 ingredients (through bay leaf); bring to a boil. Reduce heat; simmer 2 minutes. Add pasta and cabbage; simmer 7 minutes or until pasta is done.

## Nutritional Information

### Amount per serving

- Calories 256
- Calories from fat 28 %
- Fat 8 g
- Sat fat 2.6 g
- Monofat 3.9 g
- Polyfat 0.7 g
- Protein 21.1 g
- Carbohydrate 33.9 g
- Fiber 3.9 g
- Cholesterol 25 mg
- Iron 1.1 mg
- Sodium 681 mg
- Calcium 47 mg

