

Tortellini Bean Soup



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Makes 10 Servings

What You Need

1 tbsp. olive oil
1 medium onion chopped
1 clove garlic, minced
1 cup sliced mushrooms
1 red pepper
1 can (398 ml) stewed tomatoes, minced
8 cups vegetable or chicken broth (home-made, reconstituted from powder, or canned)

This recipe is a quick way to add fibre and vegetables to packaged Tortellini—very high in fiber.

2 tbsp. dried basil
1/2 of a 750 g package fresh or frozen tortellini (375 g), cooked
1 can (398 ml) beans in tomato sauce
1 can (540 ml) lentils, drained and rinsed

Per Serving

Calories 266
Carbohydrates 42 g
Protein 16 g
Fat 4 g
Dietary Fiber 7 g

How You Prepare

Sauté onion, garlic, mushrooms and red peppers until soft in the oil in a large saucepan. Add tomatoes, broth and basil and bring to a boil. Simmer uncovered for 10 minutes. Add cooked tortellini, beans and lentils.
Option: add salsa, hot chili sauce, or dried chili pepper flakes to spice it up if you like!