
Tortellini Soup

Mae Loglisci

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 4

2 tablespoons olive oil
1 small red onion, chopped
2 medium carrots, chopped
2 ribs celery, chopped
1 small zucchini, chopped
2 plum tomatoes, chopped
2 cloves garlic, minced
2 cans (14-1/2 ounce) chicken broth
1/2 cup water
1 can red kidney beans, drained
2 tablespoons Worcestershire sauce
1 package (9 ounce) tortellini pasta

Heat the oil in a six-quart pot. Add the onion, carrots, celery, zucchini, tomatoes and garlic. Cook for 5 minutes, stirring, until the vegetables are crisp and tender.

Add the chicken broth, water, kidney beans and Worcestershire sauce. Heat to a boil.

Stir in the pasta. Cook for 7 to 8 minutes, until tender.

Stir occasionally.

Soups, Chili, Stew

Per Serving (excluding unknown items): 289 Calories; 8g Fat (24.9% calories from fat); 15g Protein; 41g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 497mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.