
Tortellini Spinach Soup

Leonore Tittle Smallridge

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

1 tablespoon oil
1 medium onion, chopped
3 cloves garlic, chopped
2 cups water
1 package frozen spinach
4 cans chicken broth
1 cup Rotel chopped tomatoes with green chilies
1 teaspoon sugar
1 package (9 ounce) cheese tortellini
1 egg
3 tablespoons Parmesan cheese
salt (to taste)
pepper (to taste)

Add the oil to a soup pot. Add the chopped onion and garlic. Simmer.

Add the water and spinach. Bring to a boil. Add the chicken broth, tomatoes and sugar. Bring to a boil again.

Add the tortellini and simmer for 10 minutes.

In a bowl, beat the egg and Parmesan cheese together. Slowly add to the soup.

Season with salt and pepper to taste.

Soups, Chili, Stew

Per Serving (excluding unknown items): 765 Calories; 34g Fat (40.4% calories from fat); 51g Protein; 62g Carbohydrate; 9g Dietary Fiber; 284mg Cholesterol; 3877mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 3 1/2 Vegetable; 4 Fat; 1/2 Other Carbohydrates.