

REAL BALANCED · TONIGHT'S DINNER

chicken tortellini soup

PREP 15 MIN · COOK 25 MIN · TOTAL 40 MIN · SERVES 8 · 5★ (6 reviews)

Cheese tortellini, shredded cooked chicken, carrots, celery, and onion simmered in chicken broth with garlic, Worcestershire sauce, Italian seasoning, and red pepper flakes. One pot, about 40 minutes, 8 servings.

INGREDIENTS

- [ ] 2 tablespoons unsalted butter
- [ ] 1 large onion, diced
- [ ] 3 carrots (peeled then chopped)
- [ ] 3 celery ribs, chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon Worcestershire sauce
- [ ] 1 teaspoon Italian seasoning
- [ ] ⅛ teaspoon red pepper flakes
- [ ] 8 cups chicken broth
- [ ] 2 cups shredded cooked chicken or rotisserie chicken (see Recipe Notes below regarding using raw chicken)
- [ ] 18 ounces refrigerated cheese tortellini
- [ ] Salt and pepper (to taste)
- [ ] Fresh parsley, chopped
- [ ] Freshly-cracked pepper

MAKE IT

1. Sauté Onion: To a large soup pot over medium-high heat, add butter. Once melted, add onion and sauté for 4-5 minutes, until softened and translucent.
2. Add Veggies and Seasonings: Add in carrots, celery, garlic, Worcestershire sauce, Italian seasoning, and red pepper flakes. Stir and cook for 2-3 minutes.
3. Add Broth Then Simmer: Pour in chicken broth, increase stovetop heat to high, and bring to a boil. Once boiling, reduce stovetop heat to medium-low and simmer for at least 10 minutes so the veggies can soften.
4. Add Chicken and Tortellini: Carefully add in chicken and tortellini, then stir. Increase stovetop heat to medium-high and cook for 3-5 minutes, until the tortellini is tender and the chicken is heated through. (Reduce stovetop heat to medium or medium-low if soup begins to boil.)
5. Add Salt and Pepper: Carefully taste test and add salt and pepper, based on taste preferences.
6. Garnish and Serve: Ladle soup into bowls and, optionally, garnish with chopped parsley and pepper, then serve.

PER SERVING **316** calories **20 g** protein **33 g** carbs **4 g** fiber **11 g** fat **1208 mg** sodium