

CHICKEN TORTELLINI SOUP

INGREDIENTS

- 1 Tablespoon extra-virgin olive oil
- 1 onion, peeled and chopped
- 2 cups carrots, sliced
- 1 cup celery, sliced
- 2 cloves garlic, minced
- 1 pound boneless skinless chicken breast or rotisserie chicken, cubed (can substitute meatballs)
- 4 cups low/reduced chicken broth
- 4 cups milk
- 8.8 ounces cheese tortellini
- 1 cup fresh baby spinach leaves, chopped
- 1 Tablespoon Italian seasoning
- salt and pepper to taste

Yields: 14 cups
Serving size: 2 cups

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INSTRUCTIONS

1. Wash hands with warm soapy water. Place a large sauce pot over medium heat. Add the olive oil and chopped onions. Sauté for 3 minutes to soften. Then, add the carrots and garlic. Sauté another 3 minutes.
2. Dice, then add raw chicken. Then, add chicken broth. Remember, do not rinse raw chicken, and be sure to wash hands and cutting boards after handling raw poultry.
3. Add Italian seasoning to the pot. Lower the heat to a simmer for 15 minutes, until the chicken is cooked to an internal temperature of 165° F.
4. Turn the heat back to medium. With the broth still simmering, stir in the milk and cheese tortellini. Stir well so it does not stick together.
5. Once the tortellini are cooked through, turn off the heat. Add spinach. Add pepper to taste. Enjoy!

**The recipe includes food sources for
iron, folate, fiber, and calcium.**

Nutrient analysis per serving: 360 calories, 12.5 grams fat, 30.5 gram of protein, 31.6 grams of carbohydrate, 78 milligrams cholesterol, 587 milligrams sodium