

TORTELLINI & FRESH SPINACH SOUP

Source: **BETTER HOMES & GARDENS** Great Cooking For 2

Cook/Prep Time: 30 Minutes

INGREDIENTS:

1/2 C shredded carrots
3 1/4 C chopped onions
2 tsp instant chicken bouillon granules
3 C water
Dash pepper
1 tsp dried Italian seasoning, crushed
1/2 C packaged cheese tortellini (2 oz)
1 C fresh spinach, coarsely chopped
1 TBS grated Parmesan cheese

DIRECTIONS:

In large saucepan, stir together carrots, onions, bouillon, Italian seasoning, 3 C water & dash pepper - bring to boil & reduce heat - stir in tortellini - cover/simmer 15 minutes.

Stir in spinach & cook about 15 seconds or just till spinach is wilted.

To serve, ladle into bowls & sprinkle with Parmesan.

Serves: 2

[per serving: calories: 132; protein: 8g; carbohydrates: 20g; total fat: 3g; saturated fat: 1g; cholesterol: 20mg; sodium: 1,106mg; potassium: 346mg]