

Italian Wedding Soup

INGREDIENTS

- 1 lb. chicken or turkey meatballs (pre-cooked, found in meat aisle), or Italian turkey sausage (chopped into chunks), or vegetarian sausage
- 1 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 5 cups chicken broth (low sodium preferred)
- 4 large tomatoes, peeled, seeded and chopped
- 1 cup chopped carrots
- 1 Tbsp. fresh basil leaves, chopped
- ½ tsp. dried oregano
- 1 (8 oz.) can tomato sauce
- 1½ cup sliced zucchini
- 8 oz. tortellini (fresh is in refrigerated case near dairy, or frozen in frozen food aisle)
- *use gluten free pasta
- 3 Tbsp. chopped fresh parsley



NUTRITION FACTS		6 servings
Calories: 312	Total Carbohydrate: 31 g	
Fat: 13 g	Dietary fiber: 6 g	
Sodium: 546 mg	Protein: 21 g	

DIRECTIONS

1. In large pot, sauté sausage or meatballs lightly in 1 Tbsp. olive oil. Remove and set aside.
2. In same pot sauté onions and garlic – add a bit of extra oil if needed.
3. Stir in broth, tomatoes, carrots, basil, oregano, tomato sauce and sausage.
4. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
5. Stir in zucchini and parsley. Simmer for 20 minutes.
6. Add tortellini and cook an additional 10 minutes or according to package directions.