

## Tortellini Soup



### Ingredients:

- 3/4 pounds turkey sausage crumbled, remove casing (may omit for vegetarian style)
- 1 medium yellow onion, chopped
- 6 cloves garlic, minced
- 4 cups chicken or vegetable stock, low-sodium
- 10 ounce can diced tomatoes with juice
- 1 1/4 cups water
- 4 cups baby spinach, coarsely chopped
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon fresh basil, minced, or 1/2 tablespoon dried basil
- 1 package refrigerated tortellini of choice, cheese or mushroom

### Directions:

1. Place sausage in a soup pot on medium heat. Add the onions and cook until the sausage is no longer pink. Add the garlic and cook until onions are soft.
2. Stir in the broth, water and tomatoes. Bring to a boil.
3. Add the tortellini and allow to return to a boil. Cook for 5-10 minutes until tortellini is tender.
4. Stir in spinach, basil, pepper flakes. Remove for heat.
5. Refrigerate leftovers for up to four days, or freeze for up to four months.

Makes 8 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>