

# Italian Tortellini Soup

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-of-home-recipe-soup-italian-hamburger>

## Ingredients:

- rice
- beans Northern White Beans or Kidney Beans
- garbanzo beans
- 1 1/4 cups cooked turkey or chicken cubed
- 1 medium onion diced
- 6 garlic cloves
- 1 tablespoon minced garlic
- 3 cans chicken broth 14 and 1/2 ounces each
- 1 3/4 cups tomatoes frozen thawed, or one 14 1/2 oz can tomatoes undrained
- 1 cup zucchini frozen thawed sliced, or vegetable of your choice.
- 2 carrots small fresh, sliced thinly
- 1 cup chard
- 9 kale
- 2 cups cheese tortellini frozen
- 2 1/4 teaspoons fresh basil or 3/4 teaspoon dried basil
- 1 teaspoon olive oil
- salt
- pepper
- 1 dash crushed red pepper flakes
- grated Parmesan for a topping before serving

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 80 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 580 milligrams
  9. Sugar: 7 grams
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