

Brothy Tortellini Soup w/ Spinach, White Beans & Basil

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vegetable-soup-recipe-vegetarian>

Ingredients:

- 2 tablespoons olive oil
- 1 onion diced
- 6 garlic cloves rough chopped
- 1 cup celery diced, 2 ribs
- 8 cups veggie or chicken stock
- 1 teaspoon Italian herbs or thyme or rosemary
- 1 teaspoon salt more to taste
- 1/2 teaspoon pepper
- 10 ounces tortellini fresh, spinach or cheese
- 1 can white beans Cannellini beans are nice drained, rinsed
- 8 ounces baby spinach chopped
- 1 cup fresh basil chopped
- lemon squeeze of
- chili flakes optional
- Pecorino Romano optional
- olive oil optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 910 milligrams
9. Sugar: 7 grams

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